

IN CONVERSATION WITH THE CHAPLAINCY



Canary Wharf
Multifaith Chaplaincy

Welcome back to the Wharf

Returning to the office may feel different or unsettling. Whether you have a faith or not, our chaplains are here offering a #safespacechat.

Have a conversation with us in person, via video, or phone.

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Our work is supported by the businesses of Canary Wharf. Conversations are confidential, non-judgmental and have no charge.

Ethics · Values · Faith

[Revd Dr Fiona Stewart-Darling](#) writes

As I walked around the estate at the beginning of a new month, it certainly felt as though there were more people coming into work in the Wharf and some of the coffee shops seemed a bit busier. The estate has a different feel about it with all the social distancing measures, and signs making it feel a safe place to be in even these uncertain times of Covid 19.

We have been used to social distancing for many months now. Others have experienced isolation for different reasons. We have not been able to hug people or shake their hands which to me feels so alien. As human beings we are created to be in relationship with each other, to be part of communities we need each other. Many of you are wanting to be back in the office to see friends and colleague and have people around you during the working day.

Those of you returning to offices in Canary Wharf will notice our posters in the Retail Malls welcoming you back to the Wharf. As we mentioned in our August newsletter coming back may feel different and unsettling. Or maybe just the thought of coming back after working in the safety of your own homes may fill you with anxiety.

We are ready and waiting for you to return and so looking forward to catching up with you, maybe over a socially distanced coffee or even a walk around the estate. However, we are still offering virtual chaplaincy too. Here are some comments from people who we have supported virtually while working from home.

"I'm extremely grateful for the support Reverend Darling and the chaplaincy team provided throughout lockdown not only to our students but also as a source of council and advice for our staff" Declan Clear, Student Experience and Wellbeing Officer, UCL School of Management, Level 38 One Canada square.

"Following a difficult time in my personal life I contacted the Canary Wharf Chaplaincy for a one to one meeting with a chaplain. From our first meeting, they immediately put me at ease. I would highly recommend their service during these challenging times". Anon, Citi

[Rabbi Dr Moshe Freedman](#) writes

I have been supporting a number of people virtually since the beginning of lockdown. This is what some say about the chaplaincy.

"Knowing that I was able to contact Rabbi Freedman at the Canary Wharf Chaplaincy gave helped me to get through the difficulties of working at home by myself. I had enjoyed the social side of being on the estate, so I felt quite isolated working alone. Rabbi Freedman gave me a sounding board to try and focus on the positives." Anon, HSBC

"Being able to continue the weekly learning programme online has been a welcome break. It's has been important to have had something anchored into the week that has remained despite the lockdown giving a sense of continuity, where everything else had become so unstable." Anon, Barclays

[Shaykh Ibrahim Mogra](#) writes – We now have guidance for going back to our places of work, with encouragement to use public transport. There are many who are anxious with regards to all of these settings. It has been most satisfying to be able to help and support people with all of this.

'Shaykh Mogra has been very understanding of my situation in wanting to marry a man that my family were not very approving of. He helped bring all the sides to an agreeable decision, thank you very much.'

'It has been such a source of comfort and strength to be able to call Ibrahim whenever I have had difficulty in my personal problems.'

Chaplaincy Activities:

For the present time most of these will continue to be delivered virtually.

Jewish community

- Lunch and Learns

Christian community

- weekly biblical reflection email
- Thursday Zoom discussion on the biblical reflection

Muslim community

- A number of companies have requested virtual sermons

For more information please contact the individual faith chaplains or go to our [website](#)

CHAT TO A CHAPLAIN - Just to remind you that through this strange and challenging time should you or a colleague want to chat to a chaplain we are still available and can be contacted via the contacts page on our website. www.canarywharfchaplaincy.co.uk