

IN CONVERSATION WITH THE CHAPLAINCY



This edition of our Newsletter is compiled and produced by Rabbi Moshe Freedman.

EDITORIAL

Once again, this has been a very busy month for the chaplaincy team. While we have continued with our work providing pastoral support both in person and online, we have also taken part in online events to celebrate interfaith week which ran between the 8th and 15th of November. The purpose of interfaith week is to help us focus on the importance of diversity in the workplace and in wider society. As you can see from our photo, the chaplaincy not only promotes the concept of diversity, but it also lives diversity in the work we do together. If your company wishes to hold an interfaith event, we would be happy to help advise on how other companies have successfully run such events. At this time, it is even more important to come together and have the space to talk about the important issues that affect us all, fostering a positive work environment for everyone. Please be in touch to have a chat if you think your company might benefit.

CHAT TO A CHAPLAIN – Just to remind you even if we are not always visible in Canary Wharf, we are still happy to catch up over a coffee either in person or virtually! Contact us via our contacts page on the website.
www.canarywharfchaplaincy.co.uk

#safeplacetochat #ethicsvaluesfaith

ARTICLE THOUGHTS ON LOSS

The British psychiatrist and leading expert on grief, Dr Colin Murray Parkes summarised the universal and almost inevitable human experience of grief when he wrote that, “The pain of grief is just as much part of life as the joy of love: it is perhaps the price we pay for love, the cost of commitment.”

While we commonly associate the emotions of grief with the death of a loved one, it is also something we feel in response to other types of loss such as the breakdown of a relationship, redundancy, moving home and even social distancing restrictions that we have had to endure.

It is human nature to yearn for those precious times of the past before we suffered our loss. Memories may well be tinged with a certain poignancy and sadness. A particular place, a song shared, or a time of year may serve to accentuate our feelings of grief. The life we once knew seems so close, and yet so painfully inaccessible. As we look ahead, our unwritten future appears so impossibly bleak knowing that it will have to be lived while yearning for something we cannot get back.

Furthermore, while grief may be a personal emotion, its negative impact does not stop there. Emotions are infectious and those closest to us may also struggle to cope with our grief. At the very times we need support, our nearest and dearest may find it hard to give of themselves, especially if they cannot be with us.

Grief may trigger other negative emotions such as regret, sadness, and anxiety. This in turn affects our relationships as we find it hard to give to those close to us, our productivity as it becomes difficult to focus, and our ability to enjoy life as activities we once loved feel meaningless. How can we contain and manage these feelings? How can life move forwards when we feel so broken and bereft?

Yet there is help available. In addition to medical professionals such as your GP, the chaplains are on hand to offer support through confidential face-to-face conversations. While no one can turn the clock back, we can provide that safe space to chat to help you look to the future with hope. We can meet for a socially distanced coffee in person on the estate or arrange a meeting online. We look forwards to being able to help during these very

CANARY WHARF CAROLS AND CANDLES SERVICE

This year because of the restrictions around the Coronavirus Pandemic the service will be Live Streamed on
Tuesday 15th December at 5:30pm
To register follow the [link](#)