



March 22

Vulnerability

Friends,

On this Sabbath day, my heart is very much with you. Many of us will be joining the Moderator for worship this morning - or will have done so already, depending on when you read this letter. But I still wanted to send my daily letter - to keep our chain unbroken!

The staff of the General Council office have sent a timely reminder that in this time of social isolation, risks for domestic abuse increase. "At home" does not mean "safe" for all of us.

That might seem a gloomy message in times like these, but I feel strongly that we have an obligation to the most vulnerable in our community. Being aware of violence and not turning our eyes away is part of the answer.

First, let me say, that if you are reading this letter and you have suffered domestic abuse know that you have a right to reach out for help. Call or message me, or a friend or neighbour. Call the police or a shelter... This should NOT be happening to you. Help will come.

However, the vast majority of us will not be at risk as we read this letter. For you, I urge you to be watchful for signs that someone near you might be trapped in a frightening situation. Notice irregularities, wonder about scarves used to obscure a face, keep an eye on the fragile ones. Often it turns out that we know more than we think we know. If you have a concern for someone, call me, or the police.

And let us all pray, that God's will will be done on earth as it is in heaven.

Grace to you, and peace.

Kate

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*