

**Dear La Côte Church Family,**

A message for Tuesday in Holy Week.

**Firstly**, following on from Julia's recorded message yesterday, **today we hear from Emily Reid, our youth worker who is also a nurse** working in Vaud, sharing some of her reflections from working on the frontline. <https://youtu.be/Yh8PJ2doqpo> Thank you Emily so much. This will help us to pray for you and all medical staff at the moment.

**Secondly**, here is a link to a resource on the Church of England website, offering ways to **look after our mental health** during this pandemic. <https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health/supporting-good-mental-health>

**Thirdly**, here are the zoom links for two of our services:

**THURSDAY 9th April**

20.00 – 20.45 **Maundy Thursday Service of prayer and enacted Holy Communion** from Iona by zoom please join any time after 19.45. Contact [Carolyn](#) for access details.

**FRIDAY 10th April**

14.00 – 15.00 **Good Friday Service of Prayer and Reflection** by zoom please join any time after 13.45 Contact [Louise](#) for access details

**SUNDAY 12<sup>th</sup> April**

On Easter Morning we will also be holding a short Easter Morning Prayer, followed by Breakfast and a session with our children. Zoom links to follow.

Of course you are welcome to join us for Morning Prayer through the week at 7.30 – 8.00 on zoom. Contact [Louise](#) for access details.

If you are an evening person – there is Compline which you can access from the Holy Trinity website, with meditations from Dr Clare Amos.

With every blessing for these coming days, that you will know Jesus, Emmanuel, God with us, in all that you are living.

Carolyn Cooke