



Dear Suttonians,

I hope and pray that I find you well in these strange and unprecedented times. I hope that you are not fearful, but are able to use this time of enforced isolation to try and connect with your inner being that I have been speaking about over the course of the past few weeks in Chapel, that source of life within, the image of God inside each and every one of us. If you are able to do that, which is not easy and takes patience, you will discover a source of great peace and tranquillity. As time goes on and we become resigned to the fact that life is not going to be normal for the foreseeable future, it might be good to establish some kind of routine where we focus on ourselves; morning prayer is a positive way to start the day and gives at least some sort of structure. Can I recommend an app I use called 'Pray As You Go'? The link is below:

<https://pray-as-you-go.org/>

You can use it on a PC or download an app for your smart phone.

One thing that has encouraged me greatly is the sense of coming together that I have witnessed. Many of us have rediscovered our sense of community, something that I believe was being lost from modern society as we retreated into virtual worlds of fake friends and lives. We are now seeing the positive side of social media as it serves to keep people together and real communities are re-born. Within our own School community, members have reached out to those living locally and volunteered to help the vulnerable, as well as Mr Kirk in the DT department coming in to manufacture protective masks for members of the medical profession. If any of you have any ideas about how we, as a community, can support each other and reach out to those outside us, please let me know. This type of thing is happening all around the country, demonstrating that in the main people are basically kind. I have always believed that people only become unkind when influenced by powerful, malevolent outside forces with an agenda; it is not human nature. Then there is the communal singing (something I know that Mr Horley is currently working on for us with the School hymn: Jerusalem), the rounds of applause for the staff of the NHS and all carers who are, frankly, modern day heroes as they risk their own health, even lives, to maintain ours. These things are powerful and moving. May there never, ever again be talk of privatisation where the NHS is concerned.

Many of you may be questioning your faith, as people lose their lives to this virus. It is the old question; how can a good God permit evil to exist? I would ask you to spend five minutes watching the following video from Bishop Barron. Plainly this is a subject that is a lot deeper than can be dealt with in five minutes, but I think he does a good job in explaining that without the contrast of what we see and experience as evil from our perspective, because it affects us, love is not possible:

<https://www.youtube.com/watch?v=CvqWTx8ykzg>

Hopefully the words of the Bishop can show that out of challenging times there often comes great acts of love and kindness. Sometimes our comfortable cages need to be rattled a bit to allow that to happen and to remember our true nature.

I hope that you all manage to stay positive and healthy, both in mind and spirit. Sometimes being alone can be a good thing, even if it seems hard right now because we're not used to it. I hope you manage to use the time to connect deeply with those in your immediate family or those you are confined with.

May God bless you all.

Mr Davies  
Chaplain