

## Sarah's Thought

Maybe Boris Johnson's speech left a lot of unanswered questions and concern for what will be happening.

Astronaut, Anne McClain, who spent six months on the International Space Station wrote:-

*Stress happens when expectations aren't in line with reality.*

*When we can't change reality, its best to focus on our expectations:*

*Expect to do things differently*

*Expect to need to adapt*

*Expect to be out of your comfort zone*

*Expect to put others first.*



None of us would have imagined life as it is at the moment, but there are many things we can be thankful for. These are a few.

### Technology

From the phone to various programs on the computer enabling us to see and hear others in distant places.



### Compassion

Those around us willing to go that extra mile to help, whether shopping or working to provide items we need.



### Imagination

The creative ways new ventures have been set up to help one another. People working together to provide something new.

Humankind is made in the image of God, we need one another to function, we all have a creative streak in us and we all need love to be part of our life. All of us have received blessings so let us pass them to others and say thank you.

Thank you God for helping us each day, help us to see the times you are with us and pass on our blessings to others. Amen.