

Dear Friend



Blossom and Beehives

Today at last I can offer you a sort of virtual walk. (You can easily keep 2 metres away from me!) Glimpses of Othona's grounds in Spring sunshine, including some bits I bet you've never seen. The picture shows where our walk finishes. For me, at a gentle meditative pace yesterday, this amble took about 15 minutes. [This video](#) is less than 6 minutes long, leaving you free pause it where you wish and stroll in your imagination along all the bits I've left out.

Lockdown in London

For something completely different, you may like to read about a definitely urban and frontline experience. The nurse who wrote it gives us an insight into everything from family life with a young child to her work in a major London hospital. I'm so grateful she took the time to offer this for Othona friends far and wide. [Read it here](#) If you are intrigued by her mention of that video "Knowledge is Porridge", by the way, you can see it [here](#).

And further afield

Our media coverage of the virus focusses mainly on Europe and the States - for now. But like me you may be aware we're just at the beginning of how the pandemic will cause havoc in developing nations. This brief note from **John Provonjon Biswas**, a Bangladeshi who runs an NGO in Meherpur, comes to us via his friends, Othona members **Ruth and Peter Musgrave**. It is just one instance of the interwoven

economic and health hazards that face especially producers of fair trade goods across the world.

"We got a craft order from Switzerland but after we started, just mid time, they cancelled this order. Now our workers are totally unemployed. Most of the craft workers and beneficiaries are from poor backgrounds and fully depend on this craft production. The whole world situation is under very great danger but developing countries like Bangladesh are most vulnerable. We cannot understand what will happen next. The NGOs situation in Bangladesh is the very worst situation because they could not realize loans, and the govt has already stopped so all NGO workers are not getting salaries, NGO offices are closed.

"Foreign funds are also closed due to corona virus. A very, very distressful situation is going on. Everywhere is locked down, no transport running, there is no field labour. People are not getting medicine in rural areas, and not getting treatment from hospitals for corona virus I'm afraid. Such a horrible situation! We do not know what will happen in the future. Don't worry because we strongly believe Here is God and He will look after all His people."

Unpacking the Seedtime Prayer

It's quite something for us to know we have *many* of you choosing to join us in spirit each morning at about 9.10am when we head along to the chapel to share in an oasis of prayerful quiet, Seedtime. These days even traffic on the B3157 is less likely to disturb the silence! If you missed it in a previous newsletter, you can find the very simple format of our daily gatherings [here](#).

Part of Seedtime - the opening words - tends to be unvarying. When you use the same wording every day it can get stale, of course. I know it does for me... sometimes! But also I know it can gradually lodge itself within the mind in a deeper and fruitful way.

So today I'm offering a set of short written meditations. They unpack some of the possible perspectives in those opening words. Not telling you what to think! But suggesting some of what was in my mind when composing it, years ago. [Click here](#) to access the meditations.

Request Time

One of our favourite facilitators (and a regular visitor with her daughter) is jazz musician and singer/songwriter **Joanna Eden**. (Yes, I *do* mean the Joanna Eden who was Sam Smith's inspirational singing teacher for 9 years before he hit mega-stardom!) On Friday evenings during this lockdown, Jo is online *singing and playing requests!* You can join in the fun at 8pm on Friday by clicking on [this Facebook page](#).

Finally, under Kate's leadership some of us here have got involved in sewing and delivering drawstring-bags for scrubs needed in local hospitals. So today I say "Farewell" with the sound of sewing machines in the background

Tony - on behalf of all of us isolating at Othona: Robin, Liz, Kate, Gavin and Sean