

Step 1 Easing out of lockdown pilgrimage, doing five things that have been off bounds

Here are five things you could do as a family as we begin to ease out of lockdown. You could do this on five consecutive days or one a week, spread out over a longer period.

Although physical restrictions are beginning to ease, you should be mindful that it might take a while for our senses, feelings, and emotions to adjust. If you do any of the suggested activities below, you will need to follow all Government Guidelines, including in relation to social distancing arrangements, wearing facemasks where required and washing hands, as this will help to keep everyone safe.

Take time to reflect before going

You might want to pause and be quiet before you start to think about where you are going, who you might meet, what you might see, how you feel and what you may feel anxious about. You could ask God to be with you or read one of the suggested bible readings.

Where to go? Here are five suggestions or you can choose something different:

- Go to a park, beach or open public space for a picnic with your household (**Psalm 8**)
- Visit a relative in their garden who you have not seen face to face for a while (**Romans 12:5**)
- Play some outdoor games with up to six friends in a garden or public space (younger children might need a parent / guardian with them, included in the six) (**Proverbs 17:17**)
- When you are able, go to your local shopping area as a family and purchase something special that you have not been able purchase during lockdown, this might also help local businesses. (**2 Corinthians 9:8**)
- When places of worship are open again, go to the church as a family and use the space to sit in quiet, to pray, think of others or give thanks (**Matthew 18:20**)

Take time to reflect while you are there

Take a few moments to think and reflect. If you are able, you might want to have a chat with others. Either way below are some things you might want to consider. You could also take photos, draw a picture or collect things as reminders of your experience.

- What do you see, hear or smell?
- What have you missed?
- How are you feeling?
- What can you be thankful for?
- How is this experience different to before the lockdown?

Back at home

Back at home, take a few minutes to reflect or chat about your experience. You could end this time with a prayer to thank God or say a simple grace together such as; May the grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us all ever more. Amen.