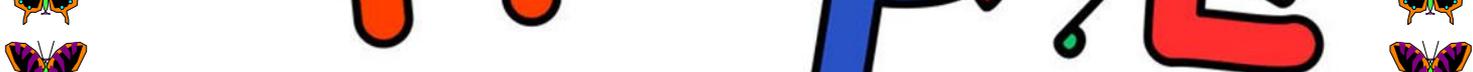
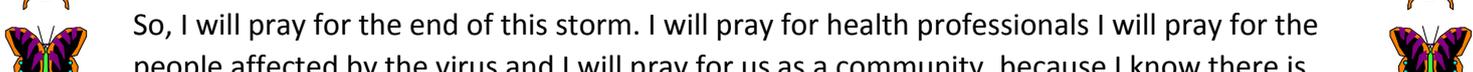
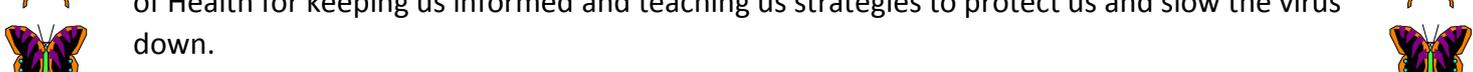
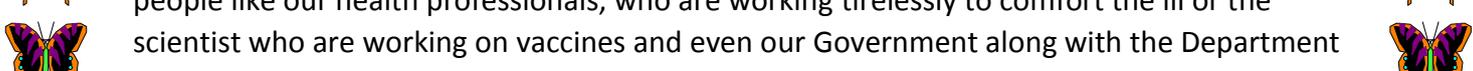
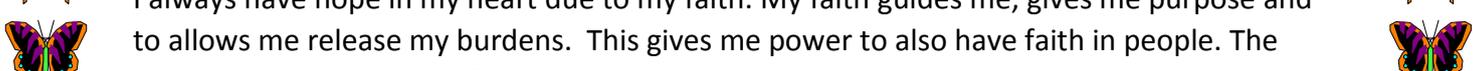
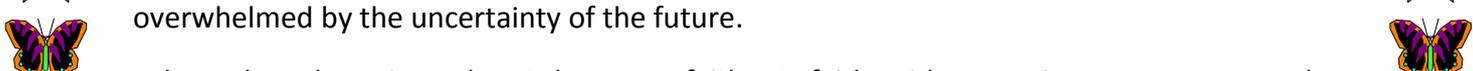
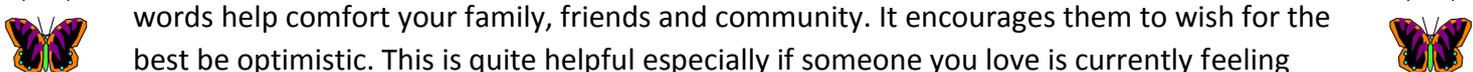
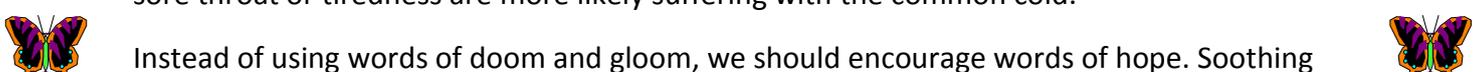
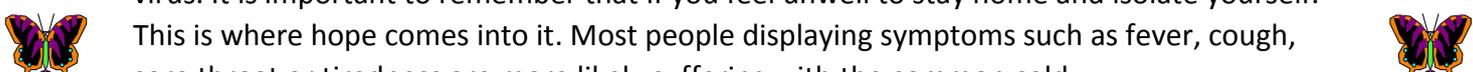
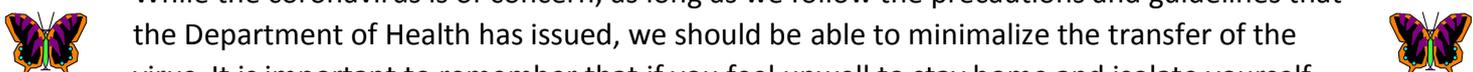
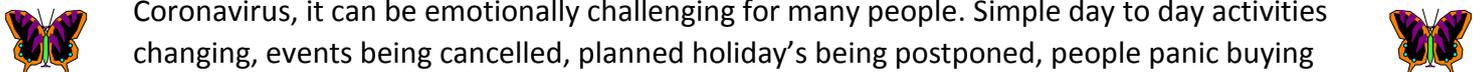




# ENCOUNTERING MISS EMILY- Term 1 Week 8



Greeting everyone,

This week I wanted to share with you the importance of Hope. With the recent outbreak of Coronavirus, it can be emotionally challenging for many people. Simple day to day activities changing, events being cancelled, planned holiday's being postponed, people panic buying groceries and the list goes on.

While the coronavirus is of concern, as long as we follow the precautions and guidelines that the Department of Health has issued, we should be able to minimize the transfer of the virus. It is important to remember that if you feel unwell to stay home and isolate yourself. This is where hope comes into it. Most people displaying symptoms such as fever, cough, sore throat or tiredness are more likely suffering with the common cold.

Instead of using words of doom and gloom, we should encourage words of hope. Soothing words help comfort your family, friends and community. It encourages them to wish for the best be optimistic. This is quite helpful especially if someone you love is currently feeling overwhelmed by the uncertainty of the future.

I always have hope in my heart due to my faith. My faith guides me, gives me purpose and to allows me release my burdens. This gives me power to also have faith in people. The people like our health professionals, who are working tirelessly to comfort the ill or the scientist who are working on vaccines and even our Government along with the Department of Health for keeping us informed and teaching us strategies to protect us and slow the virus down.

So, I will pray for the end of this storm. I will pray for health professionals I will pray for the people affected by the virus and I will pray for us as a community, because I know there is always a rainbow of hope after ever storm.

Keeping you in my thoughts and prayers, Emily

