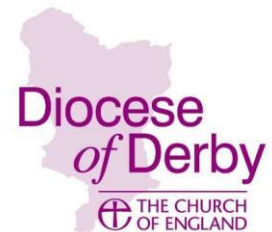


**The Rt Revd Libby Lane
Bishop of Derby**



21st October 2020

Dear Friends

The Bishop of Derby's Harvest Appeal

People living in the Diocese of Derby - indeed the entire world – have been through a challenging time this year, challenges that will continue for many months. The strain of Covid-19 and lockdown have taken its toll.

I wanted to take this opportunity to thank you for all that you are doing. The way in which you are serving your community, caring for families and staff, managing to keep going despite the challenges, constant changes, tiredness and stress is truly inspirational. I thank God for you each day, praying that you will have the strength and grace you need and I hope you know how much your dedication and commitment is valued and appreciated by so many people.

In these days of increasing uncertainty, it is easy for us all to be anxious, but Jesus promises us peace and his desire for us is 'life in all its fullness'. Jesus cared about wellbeing: he cared about people's mental. Physical, emotional and spiritual health. Scripture says, 'Do not be afraid: peace be with you.'

Therefore, this year our Harvest Appeal seeks to grow the good fruit of 'Peace of mind'. Inviting both participation and generosity. So far, we have organised a variety of online workshops and have raised £3445 for Derbyshire Mind supporting their fantastic work in our communities helping people with their mental wellbeing. Contributions can be made here

https://www.justgiving.com/crowdfunding/bishopofderbyharvestappeal?utm_term=a6KRNKnZv

During the forthcoming half-term, we shall launch Family Fit.

Magnificent Mondays
Talented Tuesdays
Wild Wednesdays
Thankful Thursdays
Fabulous Fridays.

This series of five 20- minute fun themed family workouts led by Kay Skinner, a Church of England sports minister will be released daily and is available for free below. I would be very grateful if you could share that information as widely as possible so that many people can benefit and enjoy participating.

<https://derby.anglican.org/en/news/latest-news/family-exercise.html>

Information about future free online workshops looking at different aspects of mental health and wellbeing can be found here:

<https://derby.anglican.org/en/training/learning-in-faith/learning-in-faith.html>

I am grateful for all that you are doing to support the mental health and wellbeing of our children and young people. I hope you will find opportunities to relax and rest and be refreshed during the half term holiday. My prayer is that you and those you love and serve will know the peace of God in your life over the coming days and months.

With every blessing

The Bishop's House 6 King Street Duffield Belper DE56 4EU

Tel 01332 840132 email bishop@bishopofderby.org Web site: www.derby.anglican.org