



Charity Reg No: 1118675

RFF was shortlisted for the National Compact Advancing Equality Award in 2015 and was a previous winner in 2012.

c/o Redbridge Town Hall, Room 16, Ground Floor, 128 - 142 High Road, Ilford IG1 1DD

Website: www.redbridgefaithforum.org

Women's Interfaith Workshop

My Life and Faith under Lockdown

TUESDAY 7TH JULY 2020 at 1pm via the Zoom App



As a result of the Coronavirus pandemic, these past 3 months have totally changed our lives. We have had to adapt almost every aspect of our daily living; from the way we shop, to our interaction with others, and to the limits imposed, for health and safety reasons, on our freedom. So how have we found these past few months? How have we coped? What have been the challenges? What have been the highlights? What have we learnt? And how have we practiced and kept our faith?

We will be asking the following questions and you may wish to reflect on them and jot down a few responses before our workshop so we can have a meaningful discussion:

How do we practice our faith in the present situation?

How has the lockdown/self-isolation affected us spiritually, either positively or negatively?

As we cannot yet hold face-to-face meetings this workshop will be a virtual one using the Zoom App or facility on your smart phone, laptop or computer. Please register in advance by emailing us at faith.forum@redbridge.gov.uk – joining instructions will be emailed to all registered email addresses nearer the date of the event

We are sorry we cannot offer you refreshments but please, make yourself a cup of coffee or tea, and bring a biscuit or cake treat to our virtual workshop and be ready to just sit back and listen and/or offer your insight into the chosen topic. Looking forward to meeting up again in our new virtual reality!!

To register or request further information email: faith.forum@redbridge.gov.uk

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