

23rd March  
National Day of Reflection  
**Reflect • Support • Hope**

**Take a minute's silence at 12 noon on 23 March**  
to show your support for the millions of people who are  
bereaved and take a moment to connect with someone.

Scan this QR code to  
light a candle online



God of Love,  
As we think about all that has changed this year,  
help us to trust that you are always with us.  
As we remember those who have died,  
help us to trust they are at peace with you.  
As we reach out to others with kindness and care,  
may hope shine out in every heart and home.

Amen



Supported by  
 **THE CHURCH  
OF ENGLAND**