

The Roehampton Mile – Reflecting with The Roehampton Chaplaincy

This addition to the Roehampton mile is designed to accompany you on your walk around campus and offer thoughts for reflection during the Covid-19 crisis.

You are invited to pause at each point details below; each stopping point has 3 pauses for thought:

- **Give thanks for**
- **Think about**
- **Pray for**

Reflect with these points as far as you feel comfortable. If it's helpful to focus on just one or two of these points then do what works best for you. Enjoy your walk and wishing you peace in this challenging time.

Meeting point:

Give thanks for: The people we share our lives with and take pleasure in meeting.

Think about: A happy time when you were with family and/or friends.

Pray for: Anyone you know who is sick at this time or is struggling with isolation and social distancing.

Froebel Lake:

Give thanks for: Nature and the signs of new life that come with spring.

Think about: The signs of new life you can see such as the goslings, blossom on the trees and spring flowers.

Pray for: Our world; that creation may find a way to heal itself and that we may be a part of that healing through the way we live.

Library:

Give thanks for: Knowledge, the gift of learning and opportunities to study.

Think about: Something you've learnt that has changed your perspective and/or understanding.

Pray for: Our academic and learning support staff that are exploring new ways of teaching and supporting students during this time.

Southlands Student Accommodation:

Give thanks for: The students that are such a vibrant part of our Roehampton community.

Think about: The students who have had a particular positive impact on you.

Pray for: Our students experiencing new ways of interacting with online teaching and changes to assessment during this period, those struggling with isolation and those adapting to the impacts of coronavirus to employment and financial stability.

Pedestrian Gate by the Digby Pond:

Give thanks for: The community in which the university sits.

Think about: The local services that our staff and students use such as transport, the hospital, schools, shops, pharmacies, and the pub.

Pray for: Those in our local community who are struggling at this time and those working to keep some of these services available.

Southlands Chapel:

Give thanks for: Communities of faith that are supporting one another and wider society through care, practical support, the valuing of all within society, and prayer.

Think about: Your own spirituality and sense of belief, what does it mean to you at this time?

Pray for: Those who sit alongside others in their place of pain, fear, anger and grief. For faith leaders who will be supporting anxious and bereaved families.

Woodland by Digby Square:

Give thanks for: Our campus services and all those working to keep us secure, and safe, and with access to food and essential items.

Think about: What are your basic needs and who do you rely on for them?

Pray for: Our security, cleaning and catering staff who travel here to serve the continuing needs of those on campus.

Woodlands by the Medical Centre:

Give thanks for: Those within our Medical Centre, Wellbeing Team and all who are working so hard to keep our surgeries and hospitals open and resourced.

Think about: The network of people involved in ensuring that we have access to medical advice and treatment.

Pray for: All those who support our NHS and medical services especially those on the front line who care for others despite personal risk. And all those who are sick and suffering as a result of Covid-19.

Grove House:

Give thanks for: The managers and registry team that are overseeing the governance of the university in these unprecedented circumstances.

Think about: What it is you value about being a part of this university community.

Prayer for: The Vice-Chancellor, the members of Council and the Senate as they look after the university's interests and look to the care of our staff and students during this crisis.

The Union Bar:

Give thanks for: All the activity that happens through our Students Union.

Think about: What social activities you miss and what you're looking forward to taking up again when this time of isolation ends.

Pray for: The RSU team as they adapt to supporting students through remote services.

Return to Meeting Point:

Give thanks for: Your body, mind and soul; how good it feels to walk and breathe in fresh air.

Think about: What you are going to do next.

Pray for: Your own needs today.