

# Dreams and Visions

## Vice President's Letter July /August 2022

Welcome Dear Sisters,

Let your light shine, as we go through critical times. I hope we can maintain and continue to feel the power of God uniting us although we are placed around the UK and the circles not meeting and seeing each other, let us continue to work in our communities to bring about a fair society. As we take time to reflect to bring about a fair society let us be visionary in trying our best to live in a world that will eliminate stresses and create unity.

In the UK the starvation levels have risen to roughly 18 million and we are in the biggest crisis for years. We think of our past powerful women such as Madeleine Albright the former United States secretary of state, she died on 23<sup>rd</sup> March 2022 at the age of 84 years and she was a great supporter of women, she looked at policies on global climate change, influenced the normalization of relations with Vietnam and opposed the use of nuclear weapons. All she dealt with is still an issue and concern that we face today, particularly with young people.

Life doesn't always go the way we want it, particularly in these hard and trying times. Just like Madeleine the younger generation is still concerned with the issues that she dealt with. As we think of our young people, we are thankful that positive initiatives are happening.

Having recently talked to the younger generation I have found out that stress levels have increased over the years with rising house prices, scarcity of job availability, the pressure of inflation and the struggle of families to provide. One particular student studying A-levels has highlighted one-way schools combat the rising stress levels is by introducing a therapy dog, they support a person's mental health by providing comfort. Students benefit from this interaction by an increased production of the mood-boosting hormone oxytocin. Pupils have found it very supportive when dealing with the extensive workload of day-to-day pressure.

Matthew 5:14-16

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Yours in Christ, have a wonderful summer and stay in peace.

Sr Audrey B. Kendall

