

## Hannah Jones Reflection

Our homes have always been sacred to us, the place in which we protect and renew ourselves and our loved ones. In this era of spending so much more time in our homes, it is important to find ways of creating sacred space within them - to more intentionally take that time to recuperate and re-connect with our spirituality, whether its recovering from a frantic day of juggling work, household and/or childcare needs, or creating a supporting rhythm to the days and weeks of waiting.

This sacred space may be a corner that is kept ready for such moments, or maybe if space is at a premium, the sacred space is created in the act of clearing a table, removing the evidence of our busy lives and replacing them with symbols of prayer – a cross, or a candle, a pebble that's found its way from the seaside, smoothed by the rapid motion of the ocean, or something to create with as we spend individual or family time taking a deep breath and listening for the gentle, guiding comfort of God's presence.