

## ***Dear Friend,***

Just before gatherings were banned last week we managed to finish the final event of our Honesty Over Silence tour. It was an honour to meet with people up and down the UK as we all come to terms with the Coronavirus and the impact it will have on our lives.

In the midst of anxiety, it was a real privilege to speak directly into this situation. The feedback has been so moving as God touched people's lives in very a real way and we have never been more convinced that God has called us to the ministry of Kintsugi Hope 'For such a time as this' (Esth 4:14)

According to a report by the Church Urban Fund and Livability, the two top social issues faced by the Church today were already Social Isolation and Poor Mental Health. These will only increase in the coming months unless we act now and there are three key ways Kintsugi Hope are going to be responding during this season:

1. Keeping people's mental health and wellbeing resilient through positive connection in the form of our online Kintsugi Hope Wellbeing Groups.
2. Communicating encouragement, faith and hope.
3. Supporting Churches through targeted wellbeing messages and talks.

## ***SOCIAL ISOLATION DOES NOT MEAN SOCIAL DISCONNECTION***

We are encouraging and supporting **all** our group leaders to run their Kintsugi Hope Wellbeing Groups online. Our groups are uniquely placed to tackle issues of social isolation and poor mental health and these increasingly vital communities can keep running and multiply through this time.

Since October 2019, we have trained 186 group leaders during our first three training events. 150 further people were due to attend our forthcoming training events, which will now take place online so that **new** churches can reach out to those in their congregations and communities in this time of social distancing and isolation.

*[Watch a video of our Chair of Trustees Simon Barrington](https://www.youtube.com/watch?v=6zfhcV_Pw9E)*

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If your church is interested in running a group at this time please contact [groups@kintsugihope.com](mailto:groups@kintsugihope.com)

## **COMMUNICATING ENCOURAGEMENT, FAITH AND HOPE**

We hope to bring comfort to people by speaking into the current situation with messages of encouragement, faith and hope, including but in no way limited to:

**PODCASTS:** We are releasing new episodes on timely topics from disappointment to loss.

**KINTSUGI HOPE ON TV:** TBN UK are now reshowing our TV series When Faith Gets Shaken three times a week: Wed at 8pm, Fri at 10.05am, Sat at 11am. You can view online at [www.tbnuk.org](http://www.tbnuk.org) on SKY 582, or Freeview 65.

**HALF PRICE BOOKS:** We are offering copies of When Faith Gets Shaken and Honesty Over Silence at cost. Though we will not make money out of this, these books deal with issues of suffering, anxiety, self-compassion and hope and we think it is important to get them into people's hands. (To purchase, visit [www.kintsugihope.com/shop](http://www.kintsugihope.com/shop)).

**SOCIAL MEDIA:** We will be providing tips to handle anxiety and isolation throughout this time.

## **SUPPORTING CHURCHES**

We will be honouring my previously arranged church speaking engagements, by speaking online, live streaming to churches where possible. We will also intentionally be in contact with our church partners, seeking to provide advice and support as required on issues of mental and emotional wellbeing for those in leadership, their congregations and their communities.

## **THE VERY HONEST BIT - YOUR OPPORTUNITY TO JOURNEY WITH US**

We believe Kintsugi Hope is needed now more than ever to reach more people with the message of hope, that it's ok not to be ok, that we're all loved, unique and Flawsome.

While our workload and opportunities to support and encourage has increased, our opportunities to raise funds has **virtually stopped** since our main income streams through events and fundraising activities have understandably had to be cancelled. Our key value is relationship and now more than ever, we are relying on people like you. If you are able would you partner with us at this time of huge opportunity by making a regular monthly donation?

We are so grateful for every gift we receive which goes directly towards our work supporting our communities with their mental and emotional wellbeing. You can give online [www.give.net/kintsugihope](http://www.give.net/kintsugihope) or if you prefer to make a direct Bank Transfer please email me.

### **FINALLY**

Please find below a link to a recording of the last date of the recently finished Honesty Over Silence show. I tried to the best of my ability to talk directly into the current issues of today. I think you will agree the music from Joanne Hogg and Natasha Petrovic is beautiful. It was a very special evening and we are so pleased we can share it with you and pray that it will be a real encouragement.

[Watch Honesty Over Silence Live Stream](https://www.youtube.com/watch?v=-I3jM3Uzyd0&t=22s)  
<https://www.youtube.com/watch?v=-I3jM3Uzyd0&t=22s>

We are so very grateful to all of you and would really appreciate your ongoing prayers as Kintsugi Hope continues with our vision, while working from home and navigating family life.

With very kind regards,

Patrick Regan



PS – my lovely friend Jane Smith wrote this prayer as a response to the Coronavirus  
[Watch a video of it here](https://www.youtube.com/watch?v=zb9EASpSeMY)  
<https://www.youtube.com/watch?v=zb9EASpSeMY>

