

St Albans Cathedral has pledged its support for this year's Mental Health Awareness Week by illuminating the West End in turquoise.



The Very Revd Jeffrey John, Dean of St Albans explains: "It is really important that we signal our support for mental wellbeing at a time when many people are challenged by anxiety and loneliness, especially the most vulnerable. The lit cathedral is a beacon of the care and love at the heart of the Christian faith for all people."

Whilst the Cathedral may be closed, services continue to be live streamed and reflections posted online.

"We are still a worshipping community, despite not being able to physically meet and pray together" he says and encourages people to continue to "pray for all those who are affected by the coronavirus outbreak: especially those who are most vulnerable and afraid for themselves or people they love; those who work in our medical and support services; and those who are researching prevention and cure."

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