

It's a great moment to stand with our local communities and pause for a minute at noon, perhaps send a simple prayer card to a grieving family, or bless your local care home with kindness. The message is framed as reflect, support and hope, which also provides a way for churches to share prayers and thoughts on social media and with families on that day.

A small selection of resources will be available from 9th March including a simple family prayer. Look out for more ideas on Marie Curie's [website](#) as well as the Church of England. There will be TV and radio advertising for the day, and widespread media coverage.

Source URL: <https://www.churchofengland.org/about/23rd-march-national-day-reflection>