***Kaz Hennings describes herself as a single Mummy to two gorgeous boys who keep her on her toes. They love living in Charlton and feel so lucky to live between such wonderful green spaces. Kaz says, ‘I used to attend St Luke’s as a little girl and I have very fond memories of being at Church as a Brownie (sometimes getting in trouble for carrying the flag the wrong way or giggling). I now attend St Thomas. not as much as I like but I do try. I really enjoy helping Liz Buck with the schools projects and children's church activities.’***

***Maria Pechnig describes herself as a person who likes to be social and enjoy a good sense of humour. She’s very family oriented and has been part of St Thomas' church community for over 30 years. Maria is too modest to say, but we all enjoy her beautiful voice.***

Kaz and Maria were asked the following questions:

1. What are you most grateful for at this time?

**Kaz** – I most grateful for technology, having had covid and my youngest being on the at risk list meant we were in lock down. Having technology meant myself and my boys could keep in touch with the outside world. Whether it be Church, shopping, catching up with family and friends. It wasn't ideal but it was nice to see friendly faces and keep in touch with people.

**Maria**  - I'm most grateful for belonging to a loving family, to a caring group of friends and to a strong community. How I was able to learn new skills which helped to keep communication and interpersonal contact going and share each others talents. I'm grateful for still having a job where children and their families find support and get help from personal attendance to food parcels where needed. But most of all I'm grateful for my health and mental strength to overcome anxieties and to continue serving the people around me.

1. What have you learned about yourself?

**Kaz** - I have learnt that I can do more than I thought I could. Being a single mummy during such a difficult time was rough but we survived. But mainly, if you are worried about something, however small, it's important to talk about it.

**Maria** - I've learned that it is easy to get selfish and think of one's own needs first. That there is no space for asking "Why?". The only way forward is acceptance and giving unconditionally.

1. What would you like to share with others?

**Kaz** - To be kind to each other, if someone says they are fine, ask them again. Saying I'm fine is the easiest response when people are feeling down.

**Maria**  - I'd like to share that this situation brought me back to basics and not take anything for granted. That every day is a gift of God as long as you feel his presence.