Elena Kozhena was a small girl when her family fled the siege of Leningrad. Between September 1941 and January 1944 around 800 000 lost their lives there. That's a higher number of civilian casualties than those from the whole of the United States and the United Kingdom combined. More on Elena a little later...

I am sure that you, like me, feel the darkness of these past two weeks. Familiar, everyday comforts are finely woven with a sharpened awareness, the knowledge that for too many others *everything* has been snatched away. Life feels precarious. Whatever we think, say or do to shield ourselves doesn't quite work.

Psalms of lament express that for which we barely find words.

We are brought down to the dust; our bodies cling to the ground. Rise up and help us;