

Thought for the Day – 23-29 March
by Wendy Sellers

Monday

'Do not be afraid' are some of the most common words in the Bible. Each time it is said by God, to a human being or a group of humans. God knows how vulnerable we can feel, and seeks to reassure us. The fact that he has to keep on saying it, just shows how hard we have to continually work on accepting those words. 'Do not be afraid, for I am your God; I will strengthen you, I will help you' (Isaiah 41:10).

Tuesday

Do you know the song from the Sound of Music called My Favourite Things? It starts 'Raindrops on roses and whiskers on kittens...' Why not Google it and sing along? No one will hear! Then think of your favourite things (they can be as significant or trivial as you like)... and thank God for them. If you're following this on WhatsApp, then why not let us know your very favourite thing?

Wednesday

Be still my soul;
The Lord is at your side;
Bear patiently the cross
Of grief and pain;
Leave to your God
To order and provide
In every change
He faithful will remain
Be still, my soul:
Your best, your heavenly friend,
Through thorny ways,
Leads to a joyful end.
(Katharina Von Schlegel b.1697)

Thursday

Pandemic – a poem by Lynn Ungar

What if you thought of it as the Jews consider the Sabbath – that most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now on trying to make the world different than it is.

Sing. Pray. Touch only those to whom you commit your life.

Centre down

And when your body has become still,

Reach out with your heart.

Know that we are connected in ways that are terrifying and beautiful.

(You could hardly deny it now).

Know that our lives are in one another's hands.

(Surely, that has become clear).

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.

Promise this world your love....

For better or for worse,

In sickness and in health,

As long as we all shall live.

Friday

As a child we always ate fish on a Friday. It was a long-ago Catholic tradition, carried on by my mum who was raised 'Chapel' (yes, she is Welsh). I still carry it on, but only on Good Friday when I never eat meat. It's a good memory of my childhood. Today, let's all think of some of those memories – of good times, of people we love or loved, of traditions that shaped our lives. And let's remember we are making tomorrow's memories. Let's try to make some good ones, so that when this time is past we can say "Do you remember...?" and laugh.

Saturday

O God

Help us to trust you,

Help me to know that you are with me,

Help me to believe that nothing can separate me from your love

Revealed in Jesus Christ our Lord

Amen

(from Church of England Coronavirus prayers and resources)

Sunday

There are many ways to join in a service on-line. Please initially check the church's website. Wherever you are and whatever you are doing:

May the God of hope fill you with all joy and peace,

As you trust in him.

So that you might overflow with hope,

By the power of the Holy Spirit. Amen