

A Pastoral Letter for 18th March 2022

Do you ever have nights when you can't sleep? I did, and at 2 a.m. I decided to look through things I'd written many years ago and came across this one which would have been written around 2014. It is still relevant today.

“This morning was one of those mornings when I didn't want to get out of bed, I felt flat and maybe even a bit "down". Couldn't put my finger on why I felt this way. I made myself a late breakfast and sat outside on the back patio with my cuppa and book, it was very pleasant and warm, the chooks were making happy sounds as they scratched around the backyard, the crested pigeons were calling to each other with their soft whoop whoop sound and shadows danced across the grass. I noticed the sounds of the different birds in the area, the leaves shining in the sunlight and strands of silvery web strung across branches, the blue sky and white clouds. It reminded me of something my daughter said recently "why don't you take photos of things that make you feel good" - it is often those little things that bring joy and make you thankful, such as the sounds of music and laughter, having a coffee with a friend, a phone call, a text message - the little things we so often take for granted. As I write this the feelings I had when I first woke up have lifted and I am thankful for the love, care and prayers of so many of my family, friends and colleagues during these past months. The people we care for often feel the same, sometimes it is a smile, a kindly word, taking time to stop to listen in our busy schedules that brighten their day and make them feel special and not so alone. We are reminded throughout Scripture to be thankful, St Paul says "give thanks in all circumstances". As we begin a new week let us look for those things, those little things that give us joy and be thankful.”

A Prayer for the week: “God of the little things as well as the big things in our lives help us to be thankful in every circumstance. Help us to give a smile to someone today although we may not feel like smiling, to stop and listen to a friend, or a family member even when we are busy, help us to be a blessing to others every day. In Jesus name we pray. Amen”

I've looked back at my photos and found ones that have brought me joy, not only some time ago, but even today which make me smile. I trust you will enjoy the photos I've put together here.

[For the Beauty of the Earth - John Rutter, The Cambridge Singers, City of London Sinfonia - Bing video](#)

For the beauty of the earth
For the beauty of the skies
For the love
Which from our birth
Over and around us lies
Over and around us lies
Lord of all to thee we raise
This our joyful hymn of praise

May the beauty we see each day inspire us to raise our joyful hymn of praise.

With love and blessings,

Lyn

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