

Dear Friends,

I have used this Pastoral Letter previously but thought it was a good reminder for all of us to Practise the Pause.



When I was a child I went to piano lessons, I didn't mind going and even liked some of the pieces but, didn't like practising. I look back now and wish I'd persevered with the practice. It is the same with so many things that we do each day, they become so much easier the more work we put into them.

Some time ago I read this quote which was headed "practising...practising..." and thought I'd share it with you.

Practise the pause.

When in doubt, pause.

When angry, pause.

When tired, pause.

When stressed, pause.

And when you pause, pray.

Many people are still feeling frustrated as life hasn't returned to "normal" and we need to be careful when shopping, and maybe wear our masks still. When we visit hospitals or Age Care Centres, we need to have a Rapid Antigen Test before we can go in and wear our masks. I think we need to pause to consider why we are doing this; it is generally to keep others safe so let's keep up the practice.

How often do we ***practise the pause*** in our everyday life? What a difference it would make if we did pause before we said something hurtful, before we snapped at someone who irritated us, and in that moment of pausing, ask God to put a watch over a hasty tongue, and to keep our temper in check.

The Psalmist wrote Psalm 141:3 (The Passion Translation)

God, give me grace to guard my lips from speaking what is wrong.

A Prayer for the week:

Lord, help us to ***practise the pause*** daily whether we are at home or at work or out shopping. Let us like the Psalmist be able to say: "give me grace to guard my lips from speaking what is wrong". Amen

God bless you as you practise the pause daily. I hope you enjoy this song written by David Haas. Practise sitting quietly and listen to the music and the words.

Lyn Graham
0412 990 949
ldgraham43@outlook.com

[You Are Mine by David Haas with lyrics - Bing video](#)

I will come to you in the silence
I will lift you from all your fear
You will hear My voice
I claim you as My choice
Be still, and know I am near

I am hope for all who are hopeless
I am eyes for all who long to see
In the shadows of the night,
I will be your light
Come and rest in Me

Do not be afraid, I am with you
I have called you each by name
Come and follow Me
I will bring you home
I love you and you are mine

I am strength for all the despairing
Healing for the ones who dwell in shame
All the blind will see, the lame will all run free
And all will know My name

Do not be afraid, I am with you
I have called you each by name
Come and follow Me
I will bring you home
I love you and you are mine

I am the Word that leads all to freedom
I am the peace the world cannot give
I will call your name, embracing all your pain
Stand up, now, walk, and live

Do not be afraid, I am with you
I have called you each by name
Come and follow Me
I will bring you home
I love you and you are mine

Do not be afraid, I am with you
I have called you each by name
Come and follow Me
I will bring you home
I love you and you are mine

Songwriters: David Haas. For non-commercial use only.