

Dear Friends,

I hope that you have experienced something of the joy of Easter this past week. I wrote the other day that I had recently rediscovered my love of poetry. Here is a beautiful poem written recently by Irish-American poet Catherine O'Meara:

In the Time of Pandemic

*And the people stayed home.
And they read books, and listened, and rested, and exercised, and made art,
and played games, and learned new ways of being, and were still.*

*And they listened more deeply. Some meditated, some prayed, some danced.
Some met their shadows. And the people began to think differently.*

And the people healed.

*And, in the absence of people living in ignorant, dangerous, mindless,
and heartless ways, the earth began to heal.*

*And when the danger passed, and the people joined together again, they
grieved their losses, and made new choices, and dreamed new images,
and created new ways to live and heal the earth fully, as they had been healed.*

The one thing I have learnt over these days of tragedy is that there arises the perfect opportunity for self-discovery and reflection. How are our lives aligned to our true values and passions, and how does that all fit with the character and mission of God?

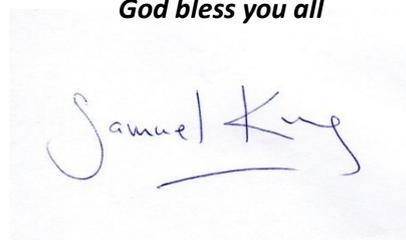
We have time now to stop and revisit old hobbies or even new ones, read books we have always wanted to read, learn new skills, complete the list of jobs that need doing or just catch up on rest. We have time to face old demons; recognise and change any self-destructive behaviours and grow stronger as individuals, partners, parents, daughters, sons and friends.

Maybe it is over optimistic to think that the world will radically change after these strange times, but it will be disappointing if at the end of all this we don't see a glimpse of change in the world and the church, but most importantly in ourselves. My prayer is that we may receive God's healing in body, mind and spirit. Amen.

- Please hold Cynthia and the wider family in your prayers, as we give thanks to God for the life of Bert Williams who passed away Saturday night.
- Continue to look after each other by telephone, email, letter/cards etc. It is time for us to shine and offer help where we can.

N.B. If you have anything you might like to share with us all on our Sunday broadcasts please do let me know.

God bless you all



Samuel King