

Thought for the Day 22nd April 2020

From Katherine-Alice Grasham (All-Hallows)

*Deep peace of the flowing air to you,
Which fans your face on a sultry day
The air which you breathe deeply, rhythmically
Which imparts to you energy, consciousness, life
Deep peace of the flowing air to you.*

The element of air or wind is associated with uncertainty and change, which seems appropriate at the moment. The wind is constantly changing and shifting, much like our lives. But air is also life-giving, it's our breath, breath which God has breathed into us.

Take a second just to breathe, and concentrate on your breath.

*Deep peace of the shining stars to you
Which stay invisible till darkness falls
And discloses their pure and shining presence
Beaming down in compassion on our turning world.
Deep peace of the shining stars to you.*

The element of fire can be associated with purification and illumination. In this time of difficulty, there may be lots of things that we need to say sorry for, and ask to be purified from, but it's also an opportunity to ask God to illuminate the aspects of our lives that may need to change.

Take a moment to ask God for purification and illumination.

*Deep peace of the running wave to you
Of water flowing, rising and falling
Sometimes advancing, sometimes receding
May the stream of your life flow unimpeded
Deep peace of the running wave to you.*

All of the elements are associated with life, but perhaps none more so than water. Hopefully we all have plenty to drink and eat at the moment. But there are probably things you do need that you might need God's help with.

Take a second to think about what you really need to ask God for.

Deep peace of the quiet earth to you, who, herself unmoving

Harbours the movements

And facilitates the life of the ten thousand creatures

While resting contented, stable, tranquil.

Deep peace of the quiet earth to you.

Lastly, earth is associated with provision. There's a slogan that comes from the women's suffrage movement in America: "Bread and Roses". It makes the point that bread, and the things we need to survive like home, shelter and security are important, but so are the beautiful things like roses – music, education, nature and books.

Let's thank God for all that is provided for us.