



October 2020



Photo: Liz Chart



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Prayer

Dear God,
I am so afraid to open my clenched fists!
Who will I be when I have nothing left to hold on to?
Who will I be when I stand before you with empty hands?
Please help me to gradually open my hands
and to discover that I am not what I own,
but what you want to give me.

(Henri Nouwen: *The Only Necessary Thing*)

Practise

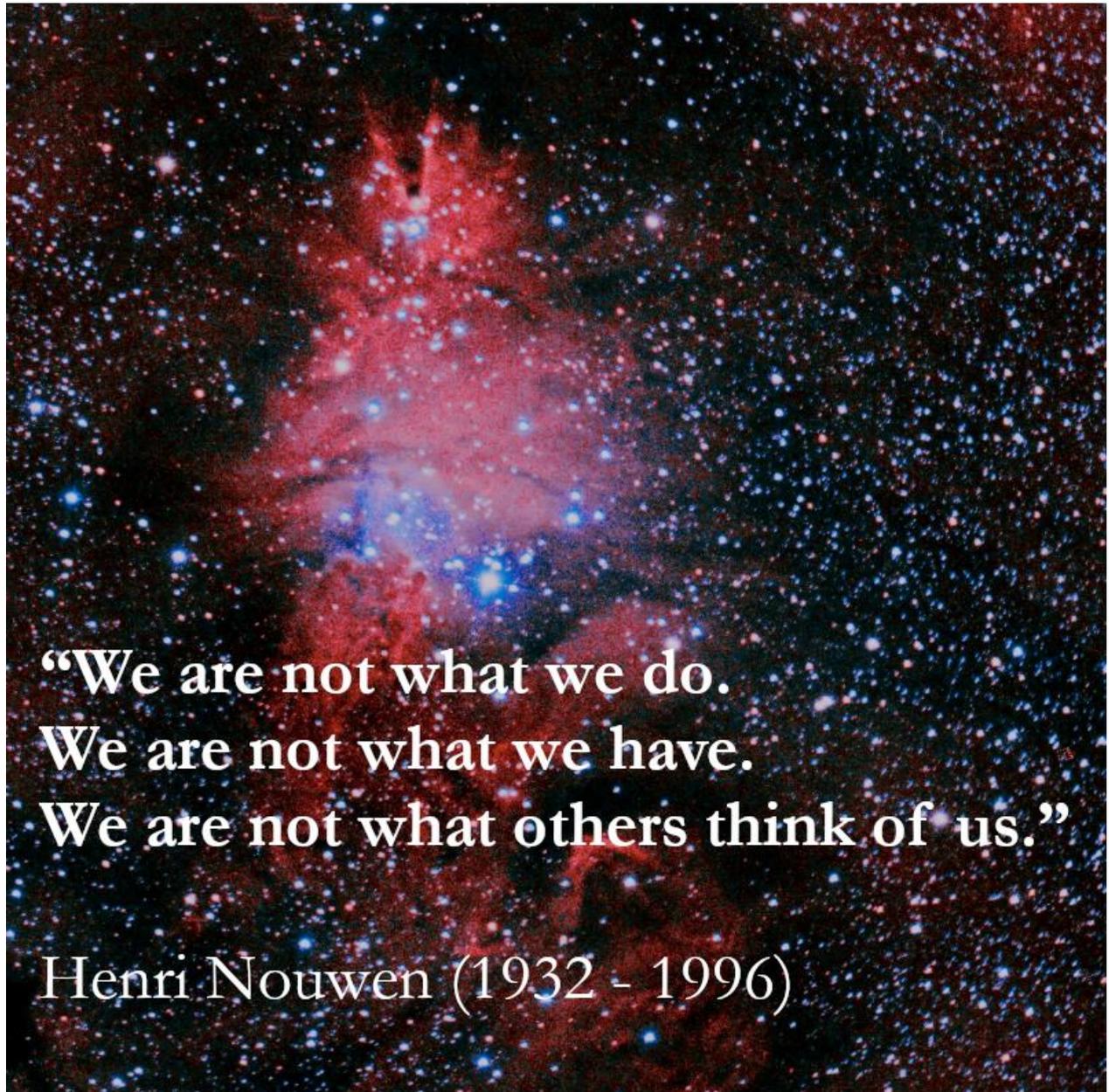
Take a moment to be still.

Take a deep breath and release it slowly.

Slowly begin to breathe in through your nose, and out through your mouth.

As you do so, pay attention to your hands, your shoulders, and your neck. Identify where there are areas of tension. Relax them.

As you breathe in repeat the word 'peace', as you breathe out repeat 'love'.



**“We are not what we do.
We are not what we have.
We are not what others think of us.”**

Henri Nouwen (1932 - 1996)

Reading

Read this slowly, three times.

Allow it to speak to you.

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Take my yoke upon you.

Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

For my yoke is easy to bear, and the burden I give you is light.”

Matt 11: 28-30 (NLT)

Meditation

If you must be heard, let it be like the babbling brook,

laughing over the rocks.

If you must be seen, let it be like sunlight

giving warmth and comfort to all.

If you must be acknowledged, let it be as the eyes

behold the skies in all their glory.

If you must lead, let it be like the wind and all its unshackled direction.

If you must learn, let it be like breathing,

the natural flow of in and out, and done without thinking.

If you must teach, let it be like the water,

deep and flowing,

for your words are like pebbles in a pond,

the ripples they cause spread out in all directions,

and what you give out eventually returns.

If you must know, let it be flowing and growing.

And above all, if you must: shine!

Kerry Hillcoat

([Northumbria Community](#))



Photo: Liz Chart

Song

Do it anyway

[Listen/watch here](#)

You're scared to put your face in the water,

Do it anyway.

You're scared to color outside the border,

Do it anyway.

You're scared if you say that, they will laugh at you,

Do it anyway.

You're scared of what I say cause it might be true,

Do it anyway (Do it anyway).

Well, you're scared if you join up you still won't belong,

Do it anyway.

You're scared if you leave you'll be gone,

Do it anyway.

You're scared to let your friends depend on you,

Do it anyway.

You might surprise the both of you and come through,

Do it anyway (Do it anyway).

What if you're wrong?

What if you're right?

What if you walk the walk and fight the fight?

You're scared that that next peak is too high for you to climb,

Do it anyway.

Afraid that they will laugh if you start to cry,

Do it anyway.

You're scared to tell the world what you're doing here,

Do it anyway.

You're scared to say "I love you" right in my ear,

Do it anyway (Do it anyway).

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Remember

“Be careful how you think; your life is shaped by your thoughts.”

Proverbs 4:23 (GNT)

Poem

For the lonely

When the night comes
and the light goes,
when the sea rises so high that it
threatens to drown you

And the clouds above you only know
one shade
of metallic grey
and they remain thick
enough to suffocate.

When that wretched dog prowls and
howls outside your door,
scratching to get in and devour you,
and you hope for light
and the sound of a single voice
as though it would be the finest noise
you ever heard

Speak to the child within,
say the words that they need to hear.

Swaddle them up, comfort them, let
them know it's ok to cry.

Ok to be sad
about the things that have gone
wrong
and about the things that never
happened at all.

Ok to be sad
about the way things are
about people doing hideous things
about life feeling as though it will
never be the same.

Speak to the child within,
if they can hear the words, let them
know it won't always be like this,
that one day things will change,
that there is sunlight after the storm,
springtime after winter.

But mostly just comfort
and love them
and all their failings.

Love fiercely.

Blessing

[Click here to watch/listen](#)

May the peace of the Lord Christ go
with you,
wherever He may send you.

May He guide you through the
wilderness,
protect you through the storm.

May He bring you home rejoicing
at the wonders He has shown you.

May He bring you home rejoicing
once again into our doors.