

Hello!

I can't believe that this is the twelfth reflection I will have posted. We have actually been in some form of lockdown for thirteen weeks, but we all shared a Pentecost service together for one Sunday.

Time seems to have passed far more quickly than I expected. Each day flies by, perhaps because I have learned to slow down. Prior to this I would have a list of jobs to be done each day and would tick each one of as I went. I would reach the end of the day tired and often frustrated that I hadn't done all I had hoped. Now, however, it doesn't seem to matter if I don't get everything done one day - there's always tomorrow! I can't believe it's taken this lockdown to teach me this valuable lesson - Slow down and enjoy the day God has given us.

In Scotland we are not yet able to re-open our church buildings. So at Meldrum, we have decided to lay out a Reflective Prayer Walk/Space in the grounds around and in front of the church, which will be available to visit from the end of this coming week. There will be a series of boards, each with a bible verse, a prayer and something to reflect on. If you are in Meldrum, then please walk up and spend a little time there. If you do go and find it helpful then please tell others, and tell us!

Please find attached today's reflection.

Take care of yourselves - you are a beloved child of God, and precious in His eyes.

Blessings

Valerie

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