

THOUGHT FOR THE WEEK

Wednesday 29th April 2020

by Sue Wale



It's a bit scary when you get an email from the minister asking you to write a "thought for the week". Does anyone really want to know what I am thinking? Could I get away with this?



My second thought was to send a WhatsApp message of "help!" to the group of ministers-in-training that I met at the United Reform Church training centre in Cambridge. Their advice was not to overthink it, but to rely on the HS and to go for it. It took me a while to work out that the HS is the Holy Spirit! So here we go.

I am wondering if God is giving us the weather we need to cope with lockdown. Sunshine to get us outside and now rain to remind us how important lockdown is.

Just before I read Ian's email I had been having a "chat" with God about His curious sense of humour as I opened the curtains to find another beautifully warm and sunny day. Pre-lockdown I used to go to an exercise class in Hervines Park, which took place twice a week whatever the weather, sun, rain, sheet ice and snow. They were never cancelled. So I spent the wet summer and the warm, wet autumn and winter of 2019 running around the park in the slippery mud. God must have loved the sight of me doing press ups in all that mud and walking home covered in the stuff! Then the minute we are in lockdown we get day

after day of beautiful sunshine at a time when we are not allowed to hold exercise classes in the park – some sense of humour.

All that sunshine made the road I live in look like an Olympic training ground. There's no live sport on the telly so I peer out of the window at the cyclists whizzing past. It looks like a stage of the Tour de France out there. There are the cyclists in their fancy lycra and even more fancy bikes who know what they are doing and then there is a large group who have dug their old bike out of the shed and are cycling in jeans – not good for your undercarriage according to Olympic cycling champion Geraint Thomas.

The road and path outside our house have become a running track. I think that there are more newcomers to this than experienced runners around our way, judging by the way they run and the clothes they are wearing. Finally there are the walkers. They come in all shapes and sizes. There are the speed walkers in lycra listening to their music through their headphones and the yummy mummies speed walking with buggies containing small children. I see couples in their walking boots carrying walking poles and then there are people walking in what looks like their Sunday best. I am waiting for the news to report on just how fit we are becoming because of all this exercise we are doing.

Maybe God has given us the sun and now the rain so that we can enjoy creation in the best way we can. We all know that being outside in the middle of nature is good not only for our physical health but also for our mental health. When the news is so sad it is heart-warming to look out of the window or to step outside to create a connection between ourselves, our God and His creation. We can do this by listening to the birds cheeping, gazing at the new, light green leaves on the trees, watching the water running in the River Chess, checking out the tadpoles wriggling in the Chesham Bois Common pond and looking in wonder at the bluebells and fruit trees flowering in Hervines Park.



The ministers-in-training suggested that if this image of nature doesn't cheer people up, I should try a joke. So here goes:

Jesus goes to a restaurant. "Table for 26 please"

“What, there’s only 13 in your party”

“Ah, but we all want to sit on the same side”