

**ST ANDREW'S CHURCH
GRAFHAM**

'THOUGHT FOR THE WEEK'

20th January 2021

Let Your God Love You

Be silent.
Be still.
Alone.
Empty
Before your God.
Say nothing.
Ask nothing.
Be silent.
Be still.
Let your God look upon you.
That is all.
God knows.
God understands.
God loves you
With an enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.

Let your God -
Love you.

Edwina Gately

(from Psalms of a Laywoman)

So many people I've spoken to recently have said that they are finding this lockdown harder than either of the previous ones. It seems difficult to believe that it only started just over two weeks ago. Why might it be more difficult this time round? You probably have your own ideas but I offer you a few thoughts. When the first lockdown began almost ten months ago, we probably all assumed that it would be for a few weeks and then we'd be back to normal. The weather was lovely, the days were getting longer, spring was definitely here. There were things we'd been hoping we'd have time to do one day and now we had. Lots of people embarked on spring cleaning and clearing out as never before. Even the second lockdown was for a defined period and we had the prospect of Christmas to look forward to. So what is different now? I think the

seriousness of the present situation is making many of us even more anxious and uncertain than before. Normally in such situations we gather together to support each other but we can't. I think a lot of people may be suffering from 'lockdown fatigue'. We may feel that we have been struggling for so long already and still don't know when it will end. We're being warned that even with the roll-out of the vaccine we shouldn't become less vigilant. We may find that it is more difficult to motivate ourselves. We've lost our sense of time. Anyway January and February are often difficult times of the year for many people. It can be hard to hang on to the fact that spring is just around the corner.

If you identify with some of thoughts I've mentioned above, then I'd encourage you first to acknowledge to yourself how you are feeling and then to bring those feelings to God. And do so again and again. Tell him the truth not the edited version! If you are sad, angry, frustrated or whatever, tell him. The psalms give us plenty of examples of people doing exactly that. Don't feel guilty or that you should be 'doing better'.

I hope that the poem by Edwina Gately might help you to rest in God's presence and find comfort and strength in his love.

With my love and prayers

Camilla

Please share these mailings with anyone who you think might find them helpful. If they would like to receive them direct they are welcome to email office@standrewsgrafham.org.uk and we will add them to the mailing list.