

A few words from the Vicar

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
(1 Thessalonians 5:16-18)*

These days I am taking so many pills in the morning that it is a wonder I have room for my breakfast! Still, I am not complaining as, having been restored to health, I have to keep taking the pills in order to remain healthy.

Another feature of my post-heart attack lifestyle is physical exercise; lots of it! I now attend the gym three times a week and, as many of you know, on other days I can be found going for walks along the footpaths in this area.

I take the view that, as the NHS has spent a lot of taxpayers' money on me recently, it would be wrong to ignore medical advice about keeping fit. To do so would risk wasting public money (perhaps you can tell I worked as a public sector auditor years ago). Indeed, taking regular physical exercise has proved to be an important aspect of my return to health. I am now leaner and fitter than I have been for a long time!

I actually enjoy going to the gym! But, unless the weather is bad, I enjoy walking the best. There are some good walks around Ainsworth but more often than not I head for Whiteheads Lodges.

Just as exercise is important for our physical wellbeing, drawing close to God through prayer is important for our spiritual health. It is possible to combine the two, of course, and I know there are those for whom a walk in the country is an important feature of their devotional lives; a welcome opportunity to give thanks to God for His Creation or to pray generally whilst walking in the countryside.

Personally, there have been times when I have felt especially close to God when out walking; catching sight of a deer, for

example, or watching geese coming in to land on the Middle Lodge or simply experiencing the change in seasons.

Mostly, however, I take a brew into my office, light a few candles and pray through the Daily Office before reading a short commentary on one of the set Bible readings for the day. That suits me as someone who loves the Book of Common Prayer but each of us is different and there is no right or wrong way to pray.

How we pray is unimportant. The important thing is that we pray regularly.

So, how spiritually fit are you?

Every Blessing

Dave