

Thoughts on Life and Faith

SPIRITUAL BUT NOT RELIGIOUS!

I really do not like January or February. It always feels so dark and dismal, cold and dreary. By the middle of February there are some small signs of life but as I write this everything in nature still looks pretty dead, dull and lifeless

But actually nature needs this time of inactivity and dullness. It is time to slow down, rest and recuperate. It is time to just be. Time to not do anything.

And so do we.

A little bit of down time is important for our health - our physical health, our mental health and also our spiritual health

A lot of people say that they are spiritual, not religious but spiritual. Many people say they pray and pray quite regularly.

Prayer is not just about asking for stuff. It is down time.

A time to just be.

A time to be with creation.

A time to be with the creator.

One of my favourite songs in the Bible is Psalm 131

'My heart is not proud, LORD,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quietened myself
I am like a weaned child with its mother;
like a weaned child I am content.
³ Israel, put your hope in the LORD
both now and for evermore.'

This year across the three churches we are running 'Teach us to Pray' days where we will be learning how to pray and about the different ways of praying. We will also be taking time to just be, to just be with God.

They will dig into the great Christian spiritual traditions. But these days are open to everyone, whether you come to church or not, believe in God or not. The days coming up are:

March 17 th	@ St Anne & St Laurence, Elmstead	'Lenten Contemplation'
April 21 st	@ St Andrew's Hub, Alresford	'Resurrection Thanksgiving'
June 23 rd	@ St Mary Magdalen, Thorrington	'Poetry & Psalms in the Spirit'
Sept 22 nd	@ St Anne & St Laurence, Elmstead	'Petition in Creation'
Dec 8 th	@ St Andrew's Hub, Alresford	'Advent Longing'

Get in touch if you would like to know more

Rev Pauline Hart

Curate for the Tenpenny Villages

St Andrew's Alresford, St Anne and St Laurence, Elmstead &
St Mary Magdalen, Frating with Thorrington

curate@alresfordchurch.net

01206 826318