

Lord Jesus

Help me to order my life ,

to prioritise those important things,

to give myself time to listen to you to know what you would have me do.

Amen

And finally a Prayer from our President Barbara Glasson:

**A prayer for Brexit day by the Revd Barbara Glasson,
President of the Methodist Conference**

However we feel about today

We mark this Brexit day

As people who grieve or celebrate together

One people

Loved equally, freely and unconditionally

By the one wise all-seeing God

Either way let us hold this day gently

Giving ourselves permission to leave

Without elation or despair

Determined to love our neighbour

Support the weak and welcome the stranger

Lord of all life

Let your servants depart in peace

And live according to your Holy Law

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January 2020

Fit to do God's Work

How are your New Year's resolutions going?

How many are you keeping to?

We're almost at the end of January and statistics show many were broken within the first week.

Some may relate to obviously spiritual aspects of our lives, others appear more secular, but God sees us as whole people.

The readings for the Week of Prayer for Christian Unity were from Acts 27. During that Chapter Paul implores the sailors to eat. They have been battling the elements and been so busy they haven't taken care of their bodily needs.

Jesus made sure that people had enough to eat in a variety of settings in the gospels. He made sure his disciples had physical rest and also time away from the crowds that so often followed them, time to reflect and time to simply be in each other's company.

Keeping ourselves fit to do God's work should ideally involve body, mind and spirit.

We need to be whole people and make sure our lives include breathing spaces, however brief, and times to enjoy a variety of activities. These may have all sorts of benefits in terms of health and wellbeing.



If there is a little extra “wriggle room” we may be able to fit in an occasional extra activity in, as happened to me yesterday. At very short notice (6 hours) our local Salvation Army officer asked me to lead a Taketime meditation at their prayer day. My normal 2 hour gap between my Thursday activities allowed me time to travel back and forth and still fit everything in. There was soup and a roll waiting for me at the citadel so that I didn’t miss out on lunch.



As many of you know I am a member at Hartlip. When people use the Retreat Centre they are always offered a drink and biscuits as they arrive. The retreat Centre also is good place for stepping away from normal routines and taking stock either individually or as a group. You may have other ways of “withdrawing from the crowds”.

