

As I write this introduction to our Inspiration section, we move towards a very tough 6 weeks to try and combat this dreadful virus. We are assured this very strict stage 4 lockdown will bring about a promising reduction in cases and deaths. We hopefully will see our way out of this very worrying and stressful time. Through this next 6 weeks we need to strengthen our faith and spend time in prayer. A calming and peaceful way to do this is in God's indoor garden. It is cold and wintry outdoors, so we need to find a space that is safe and contemplative, and spend time in prayer and meditation.

Create a space at home where you can spend time alone in conversation in a natural environment with God. Light a candle. Pick some lovely lush green foliage from the garden and place in a vase. This brings about a tropical feel of warmth inside our homes. This will also create a feeling of wellness which is so important to our bodies and minds. Spending time meditating will also assist us spiritually and calm us during these times which for some of us may lead to loneliness and helplessness.

When using our imagination, we can create all sorts of imagery to guide us especially with nature. Take a few moments and take some deep breathes: Eckhart Tolle tells us "One conscious breath – in and out – is a meditation."

We can visualise walking through a forest and being out amongst nature; wandering along pathways through dappled light filtering through the tree canopy; crossing bridges and hearing the trickle of the stream meandering along the forest floor. The distant rumble of a waterfall beckons us to venture closer and admire its beauty. We hear birds chirping; and other wildlife calling out. Our imagination is very powerful when we spend time with it in a natural and calming setting. When we spend time in meditation, this prepares us and brings us closer to our relationship with God and prayer.

We hope you will stay positive, keep well and look after yourself.  
As St Francis de Sales wrote:

"Have patience with all things, but first of all with yourself"

Please take care over the next 6 weeks and keep in touch with one another.

We ask you to please share your experiences and thoughts with us. Feel free to email the Parish Office or call Monika on 0438 220361.