

Dear Friends,

As summer continues to inflict its vagaries of weather upon us and, through the detrimental impact of climate change, much more severely so in other places across our planet (see news stories and images of wildfires, flooding and other such catastrophic events), we might wonder what to do with our 'down time', however that comes for us.

Some of us may have a holiday still in the offing, for others this is already behind us and so we seek the quieter moments of each day and week where we can find them.

Then – what do we do in those 'quieter moments'? Some of us are good at being still and quiet and gain much from this endeavour; others of us find it hard, alien, unrewarding.

But whatever suits our natural inclinations, we all need a bit of 'peace and quiet' – so I encourage you, as these days of August pass by, to find what works for you and 'rest awhile'.

*'The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters, he restores my soul.'* (Psalm 23:1-3a, NRSV)

Can you hear the voice of God as YOUR shepherd today?

In Jesus, our Christ, God provides what we need that we would not be in want of the important things of life, which here include: slowing down to the point of lying down/sleeping well, resting in nature, being gently led in places of tranquillity and peace so that our souls, our very essence and core of our being, is restored, refreshed, made whole.

Some of you may have all sorts of things that you do, places that you enjoy being in and people that support you as you seek to 'restore your soul' but if you find it tricky, here's one suggestion that I came across a while back that needs no special equipment; no intense and complicated training, academic mindset or vast amounts of 'quiet time'.

All you need is a few minutes, a quite(ish) place and your hands...



Extend your less-dominant hand in front of you, lay it down in your lap on a table if it helps; then trace with the index finger of your other, more dominant hand round the edges of your fingers and thumb.

You can use this as a 'breath prayer' – breathing in as you trace your finger up one side and breathing out as your trace down or find a simple set of words or bible text that you can recite from memory as your index finger traces the outline of your hand.

(Free Image from iStock)

Allow the shape of your hand, the touch of your finger, the words or the breath to slow you down, quieten your mind and centre your heart on God. The God of love who wants to gently 'shepherd' you to a calmer state of mind, a more objective perspective on life and, above all, the awareness of God's presence, protection and provision for you, in every part of your day – however peaceful, or otherwise, it might be.

*'Surely goodness and mercy shall follow me all the days of my life,  
And I shall dwell in the house of the Lord my whole life long.'* (Psalm 23:6, NRSV)

I hope you find your little oasis of peace - and therein a deeper connection with the God of all peace – somewhere and somehow!

Every blessing!

Sam x



### **Resources/Good News**

#### **The Story of Wesley House Part One**

[Click here to read an article by our very own Paul Glass.](#)

It's the first part of a history of Wesley College (the ministerial training college) in Cambridge.

Paul's article is the 8th of 9 listed but you may be interested to read some of the others too. All free access, you just need to download the articles as you wish to view them.