

'Time for Play?'

I have always believed that we don't play enough. There's a very real sense in which, as we grow into adulthood, we suppress the 'child' in us.



Counsellors who engage in **Transactional Analysis** (yes, I know it's probably old hat nowadays), speak of three 'modes of being' which individuals can adopt, i.e. '**parent**', '**adult**' and '**child**'. They say that, in order to be 'in balance' as it were, we need to move easily and naturally between each of the three. The 'parent' is the controlling, protecting, chiding side of us; the 'adult' is our rational, normal mode; the 'child' represents the part of us which is curious, has a sense of wonder and joy, as well as the need for reassurance and protection. And therefore, according to this way of interpreting human behaviour, we can operate, for example, in our 'parent' at different times as the situation demands.

What these psychologists tell us is that we need to be aware that it is perfectly healthy to operate in any of these modes, as long as one does not dominate the others and it seems logical to see that we should all act in all these various roles at different times, when it is appropriate. If you stop to think about it, we've all met people who are 'stuck in their parent' – today we might call them 'control freaks'! And I've come across (and worked with) lots of folk who are permanently 'in their adult', and who have had no time for relaxation. How many 'workaholics' have you known?

When St Paul was telling the Christians at Corinth to 'put an end to childish ways' (actually, he says that he did as much, but he is recommending by inference that his readers do the same) he was not suggesting for one moment that they lose their **child-like sense of wonder** at, for example, the beauty and mystery of God. However, it's very easy for Christians to get bogged down in the seriousness of discipleship, and lose 'the child' in their faith. They say that the more complex the mind (i.e. as in human beings, as opposed to other living creatures), the more important is the need for the simplicity of 'playing'.



We know how important it is to have a **balance** in our lives. Of course, over the years I have come across a few lazy colleagues, but I have known many more who were driven by a feeling of duty and their high sense of calling to immerse themselves in the work of ministry – often to the detriment of their health and that of their families. It often takes the form of a 'hardening of the oughteries'!

Sadly, some of the people I trained with at theological college sailed gaily along in their ministry, working a 6-7 day week, and then, when they reached their mid-fifties, hit a wall that they never knew was there – the 'wall' being either a heart attack, a stroke or a nervous breakdown.

Many years ago my father introduced me to the **Japanese version of the 23rd Psalm**. I don't know its origins, but it offers us some timely (and timeless) wisdom:

The Lord is my Pace-setter, I shall not rush;
He makes me stop and rest for quiet intervals.
He provides me with images of stillness, which restore my serenity;
He leads me in ways of efficiency through calmness of mind, and His guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for His presence is here.
His timelessness, His all-importance, will keep me in balance.
He prepares refreshment and renewal in the midst of my activity,
anointing my mind with His oils of tranquillity.
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruits of my hours,
For I shall walk in the pace of my Lord, and dwell in His house forever.

I was also once told by a wise Christian friend that the Christian life – the journey of faith that we all travel – is meant to be enjoyed. Amen to that!

A Prayer: Loving God, may we never lose a sense of wonder at the world you have made and of the mystery of your loving purposes for us as your children. Forgive us for sometimes thinking that we are the only answer to our problems and those whom we serve. Help us to feel a sense of joy in knowing that we live each day with you alongside us, with your Spirit helping us to grow into the image of our beloved Saviour, Jesus Christ. Amen.

Every blessing to you all,

Barrie Tabraham

Resources/Good News

Heritage Open Days

Heritage Open Days 2024: 6-15 September

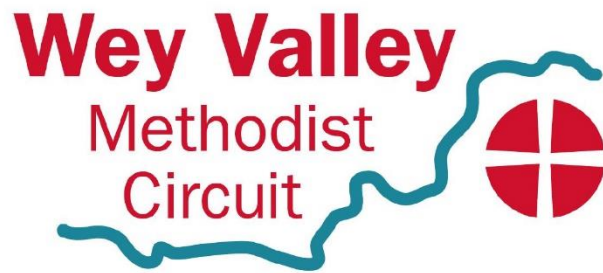
Heritage Open Days celebrate England's fantastic architecture and culture every year in September. It is a once-a-year chance to discover hidden architectural treasures and enjoy a wide range of tours, events and activities which bring to life local history and culture.

Free of charge and literally on people's doorstep, Heritage Open Days is an event for everyone, whatever their background, age and ability.

There are fascinating stories to uncover at our historic houses, buildings and museums.

Have a look at the link below to search for events by town.

[Heritage Open Days 2024 - Events in Surrey \(visitsurrey.com\)](https://visitsurrey.com)



Welcome Service

for

Rev Shaun Sanders

**Circuit Minister with pastoral care for
Addlestone, Byfleet, Walton-on-Thames
and Weybridge**

Light refreshments will be served after the service



Retiring Collection for the Fund for Presbyters and Deacons

Sunday 1 September 2024 3.00pm

Walton-on-Thames Methodist Church

Terrace Road, Walton-on-Thames, KT12 2SR

Stroke Café

Cranleigh - Surrey Hills Rehab and Stroke Recovery Service

The stroke café offers an informal place for people affected by stroke to meet with others in a similar situation and socialise within a relaxed café setting.

At Snoxhall Community Centre

Dates September 3rd 2024

Times 11:00

Rebuilding lives after stroke

For more information contact the Cranleigh - Surrey Hills Rehab and Stroke Recovery Service. Telephone: 07860187653 or email elena.vasilu@stroke.org.uk

Stroke
Association



You are invited to a Cream Tea

**Godalming United Church
Bridge Road, Godalming, GU7 3DU**

Saturday 7th September 2024

2.30 p.m. to 4.30 p.m.

**In the GUC Church Gardens or River Room
(depending on the weather!)**

**Donations in aid of the Gambian Ophthalmic Project
which provides funds for cataract operations and follow-up
care.**





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Bacon Butties!



There will be various stalls including:

Cakes, Body shop, Raffle, Tombola, Bric - a - Brac.

Guess the Weight of the Cake, Guess the Name of Teddy,

Guess How Many Sweets in the Jar & Model Railway.

Offers of help and donations of items welcome! Contact Tarina Berry

To be opened by **JONATHAN LORD**

KNAPHILL METHODIST CHURCH HALL

Saturday 7th September 2024

10am to Noon

www.knaphillmethodist.co.uk