

MAY 2020

NEWSLETTER

for Swanage & Wareham



Dear Friends,

*Save me, O God,
for the waters have come up to my neck.
I sink in the miry depths,
where there is no foothold.
I have come into the deep waters;
the floods engulf me.
I am worn out calling for help;
my throat is parched.
My eyes fail,
looking for my God.*

[Ps.69:1-3]

The opening verses of Psalm 69 reveal a person who is in a position of distress, someone for whom life is difficult and challenging, and who feels abandoned and alone. Does this sound familiar? Is this how you have begun to feel as this period of 'lock-down' has progressed?

If it is, then that is understandable, and it is nothing to be ashamed of or worried about. It is not, I imagine, a unique feeling at this time; nor is it surprising given the circumstances that we all find ourselves in.

What do we do when we find difficult? How do we seek to change our feelings and our emotions? How do we seek to lift our spirits and begin to delight in life once again?

The answer for each one of us will be different for we each find different things bring us joy and boost our spiritual and emotional health. However, there is one thing that should be the

[A few thoughts in this difficult time ~](#)

Danger gathers upon our path. We cannot afford — we have no right — to look back. We must look forward. ~ *Winston Churchill*

What lies behind us and what lies ahead of us are tiny matters compared to what lies within us. ~ *Ralph Waldo Emerson*

The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy. *Martin Luther King Jr.*

Opportunities to find deeper powers within ourselves come when life seems most challenging. ~ *Joseph Campbell*

You have power over your mind — not outside events. Realize this, and you will find strength. ~ *Marcus Aurelius*
In the midst of chaos, there is also opportunity. ~ *Sun Tsu*

Logic will get you from A to Z; Imagination will get you everywhere. ~ *Albert Einstein*

Life will give you whatever experience is most helpful for the evolution of your consciousness. ~ *Eckhart Tolle*

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same for us all, though we may well approach it in different ways.

That one thing is our relationship with God. As we work on our relationship with God so we will reap the benefits. Just as a garden needs tender care to fully blossom, so too does a relationship with another person, and this is just as true for our relationship with God. And the one benefit that we can say there is in our current situation is that we have more spare time simply because we cannot do all of the usual things that make us busy at every moment of our 'normal' lives.

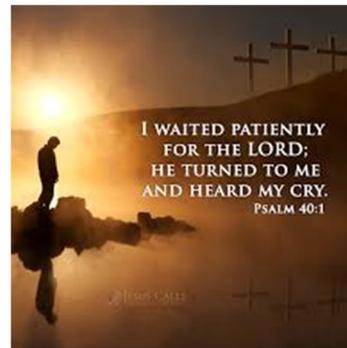
So it is that as we tend our relationship with God we will find that our eyes do not fail as we look for God, but that we will be able to rejoice in the blessing of knowing the One who dwells with us, and our hearts will begin to echo the words of Psalm 40:

*I waited patiently for the Lord;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.*

[Ps.40:1-3]

May we tend our relationship with God and may we be able to sing a new song, a hymn of praise to our God, as we rejoice in His blessings.

In His name,



The Serenity Prayer

Dear Friends,

Life is very difficult at the moment. I expect, like me, you have many different emotions. Mine range from fear and anxiety to anger and frustration, together with sadness at not being able to be with family and friends. I am luckier than some in having my husband John and also our little terrier Lottie, who is oblivious of the situation and her usual silly self.



Reinhold Nebahr

A prayer that is helping me is 'The Serenity Prayer' attributed to Reinhold Nebahr. It is a well known prayer, but usually only the first four lines are quoted. Here it is in full:

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.

Keep safe. Every blessing

Janet