

A LETTER FROM REV RONA

The month of March begins with St David's Day, deep into Lent, and it ends on the glorious Easter Sunday, 31st March. In the middle, Mothering Sunday, Holy Week, and the schools beginning their Easter Holidays. What a lot in one month; it reminds me of the Crowded House single – 'Four seasons in one day'. Just as with the month of March, so those reading this may be in very different places.



I wonder how you are feeling as you read this letter. Writing it is one of the toughest parts of my job as the priest here because of the varied audience – churchgoers, non-churchgoers, villagers who care about the community, the older, younger and in between. So, it's hard to get the tone of it right.

Whatever your situation however, there is common ground, and that's in human beings' need for finding meaning: to make some sense of our lives. Throughout the ages the practice of mindfulness, or Christian contemplation, has enabled that search.

Mindfulness/Contemplation involves taking the time away from the busy-ness of life to listen to your yearnings or hurt and maybe even process what's been happening. Have you ever found yourself wondering how to resolve a problem, cope with a difficult situation, or find inspiration for the journey ahead? Contemplation can give us the space to do that.

So whichever season you find yourself in during March, here are two offers:

1. St Martin in the Fields Nazareth Community meet regularly in person, and Companions meet online. This thriving spiritual community offer this every week: 8 a.m. every Saturday, St Martin in the Fields Facebook page A Contemplative walk. Why not join?
2. The Mindfulness, or Contemplative Practice of RAIN (Rev Richard Carter from the Nazareth Community calls it After the Rain):

Recognise what's happening in your inner life right now.

Allow the experience to be there, just as it is. Christians believe that you are held in God's grace, never his judgement.

Illuminate. Allow the light in to see what you could not see. Don't judge yourself.

Nurture with self-compassion. Christ's love is for you as a whole person, utterly without conditions.

During the month of March, every time it rains, perhaps you might remember this offer.

Happy Easter on the 31st March.

With love, Rev Rona