

Sarum Pause for Reflection

Shared Fear?



Isaiah 43:1 "Don't fear, for I have redeemed you; I have called you by name; you are Mine."

Reflection

While taking my daily walk down Fisherton Street and into the city to combine exercise with some shopping I encountered a number of people. We negotiated proper distance and in this it was hard not to notice how people looked. Some tired, some determined but most, including myself a little bit anxious and fearful. This is of course natural and to be expected but fear is a powerful and unsettling emotion. It is a natural response to threat or danger.

In Salisbury Cathedral these verses from Isaiah are inscribed on the inside of the font. They remind us of how God knows us and holds us in

love. God's presence is particularly abiding in and through our vulnerabilities.

Action

If you find yourself passing a stranger then offer a short greeting along with a smile. These small gestures can often be an expression of care and concern the lift and hold others.

Prayer

Deep peace of the running wave to you

Deep peace of the flowing air to you

Deep peace of the quiet earth to you

Deep peace of the shining stars to you

Deep peace of the gentle night to you

Moon and stars pour healing light on you

Deep peace of Christ the light of the

world to you

Deep peace of Christ to you

Gaelic Blessing

We give thanks for the gift of sleep but

also the gift of struggle;

awake may we watch with you, asleep,

may we rest in peace.

Jim Cotter

May God hold our life, our hope and fears
within the still clear gaze of love.

Amen