

Welcome as we gather to celebrate the eighth Sunday after Trinity.

Our aim for August is to celebrate pilgrimage at home as we journey together in faith despite restrictions and limitations on our lives. Whether you can set aside a week, a weekend, a day, an hour or a few minutes, we invite you to consciously make some time when you can temporarily put aside the stresses and challenges of life, and make a journey during which you can connect with God in a sacred encounter that reminds you what it means to take care of yourself in mind, body and spirit.

It could be that time is now, and if so, claim it as a sacred, healthy, connecting, breathing space. Each of us enters it with a different intention and will be seeking nourishment or restoration that fits our desires. Become aware of your senses and through them the elements of worship that inspire you whether they are things you hear, see, touch, taste or smell. Spend time in reflection, a step that enables us to connect with our true self and goes hand in hand with connecting with God. It will help us recognise the things that stir within us, yearning and desire, hope and fear, calling and vocation. Trust that what you experience during this time is nourishing you in the way you need to be fed, and remember that this is not a one off journey but another step on the journey of faith, one to which we can and need to return regularly to make the journey sustainable.

However we approach this time, the first step is to slow down, to still ourselves, so let us do this as the singing bowl sounds or by lighting a candle.

Shan Rush