

Dear Friends,

As I sit with a cup of coffee to begin the day, I often find myself looking out of the window. At this time of year, the tree I look at is changing on a daily basis. From bare branches, the leaf buds began to show and now each day the leaves are showing more and more. The branches are almost hidden. Of course, it's not just this one tree but all of them, as the Spring is most definitely here.

How often do we stop and contemplate on such things? As we're moving from one activity to another we become so focused that we miss so much of what is going on directly in front of us. When we go out for a walk or as we go to get in the car, how often do we actually hear the birds sing?

When we are contemplating something we are thinking deeply about it, giving it careful consideration or bringing our attention to something on which we need to place our focus. We may have something particularly on our mind which means our head space is taken up with it. This may be a time of joy, but sometimes of sadness.

We can also come to contemplate and give thanks to God for the beautiful world that has been created. We are fortunate to experience the Easter season in Spring when the leaves are unfurling and the spring flowers are brightening up our landscape. We are reminded that Jesus rose again to bring new life and we can see that in the world around us. But it is also easy to rush on by and ignore it. It is then that we miss out on all that God in Christ offers us.

To stop and contemplate the beauty of God's world is to take an approach of simplicity. We don't have to strive or hunt something out. We don't need to go searching. There's a whole eco system literally on our doorsteps. We can contemplate in awe and wonder at all God has created just by standing at the door or looking out of the window.

Jesus rose again so that we may have true peace and to be whole. This is where we recognise Jesus walking alongside us in all the parts of our lives. Jesus will continue to be a quiet presence even when we don't notice him because we're too busy rushing on with our own concerns.

The encouragement for us all is to stop and to give thanks to God for the wonders of creation. In this simple act, we can contemplate all God has provided through the natural world, recognise the care Jesus offers us and the breath of the Holy Spirit gently reminding us of God's presence.

During this month Spring will edge towards Summer. The flowers in bloom will change as each takes its place but God's presence will remain constant in all things. Let's take the opportunity and invitation to contemplate and notice all that God has done for us in Jesus, and is doing, for us today and every day.

God bless,
Chris