

*Look to this day, for it is life, the very life of life. In its brief course lie all the varieties and realities of your existence.*

*This is the day that the Lord has made; let us rejoice and be glad in it.*

Quite a few of my e-mail correspondents have referred to having the feeling of reprising Ground Hog Day as each day rolls into another with little or no discernible variation to each one. Reflecting on this it struck me that our lives pre Covid 19 had become ever more frenetic with our diaries crammed to bursting. Holidays, days out be it to the Wisley, Polesden Lacey or further afield; lots of retail therapy seeking the latest ‘must have’ purchase and of course endless ‘tete a tetes’ over a Starbucks or Costa coffee or maybe even a lunch at some pleasant country pub. And then of course there were activities such as pilates, golf, bridge, book clubs, walking groups and so much more which provided a regular diary slot. of caring for them No wonder we struggled to fit it all in. No wonder we sometimes felt we were on a treadmill of continuous busyness.

Even with the easing of the lock down many of us continue to live a mostly confined life akin in some respects to the lives of millions in third world countries in its almost inevitable monotony. Our homes are where we must discover our pleasures, our sense that life still has so much to offer us and is full of a multitude of blessings which too often we carelessly take for granted. Home is where we can discover within each day the joy and the gladness of sharing both the place and the time with God. How can any other activity match up to such a gift?

David Steindel-Rast wrote: ‘The root of joy is gratefulness. It is not joy that makes us grateful; it is gratitude that makes us joyful’ May we all discover such joy in our daily recognition of and gratitude for all our blessings that God our Father pours out on us.

*Lord our God, as with all creation we offer you the life of this new day, give us grace to love and serve you to the praise of Jesus Christ our Lord. Amen*