Thoughts for the day based on part of the Creation story

Genesis 1: 20-22

*And God said, ‘Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.’ So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. NRSV*

Each morning I sit with my breakfast cup of tea enjoying the quiet moments to just ‘be.’ Time to savour the stillness and to give thanks to God for the gift of a new day.

 I live on a main road that is usually quite busy with traffic but of course these last few weeks there has not been as much traffic noise. As I look out of the window I hear the birds singing in the garden and delight in watching the blue tits flit in and out of the trees. A robin visits each day and each day I watch the beautiful red kites floating overhead as they catch the thermals.

I recently heard a radio presenter comment on being able to hear birds singing because there was so little traffic noise. Previously he had not noticed the sounds of the birds around him.

With the schools being closed at present there are no children chattering on their way to school in the mornings. I heard a wonderful sound the other day, it was the sound of a small child laughing as she walked by, enjoying time with her father.

There are many beautiful things around us, blossom on the trees, plants and flowers waking from their winter sleep. These sights and sounds warm the heart and I am reminded that I have much to be thankful for. I have a garden to spend time in, to work in and to relax in, to feel the sunshine on my face and feel the gentle breeze blowing. For a short time Covid-19 is put to one side not forgotten but not all time consuming.

Passages in the Bible tell us Jesus was often surrounded by crowds of people jostling for his attention; they also came to Him to listen to his teaching. Sometimes seeking solitude and rest Jesus went alone up a mountain to pray.

Singing the Faith No.18 [www.youtube.com/watch?v=5ceisQ5cBEA](http://www.youtube.com/watch?v=5ceisQ5cBEA)

Be still and know that I am God.

Be still and know that I am God.

Be still and know that I am God.

I am the Lord who saves and heals.

I am the Lord that saves and heals.

I am the Lord that saves and heals.

In you, O Lord, I put my trust.

In you, O Lord I put my trust.

In you, O Lord, I put my trust.

Meditation - Words from Donald Hinton

Breathe in time with the rhythm of the earth:

ebbing tide, night and day; seasons of rest, growth, beauty and fruitfulness.

Breathe in time with your own being:

beat of heart, rate of pulse, patterns of work and rest.

Breathe in time with the Spirit of God:

breadth of prayer, depth of solitude, height and hopefulness.

Breathe in time with silence; be still and know that he is God.

God of all creation,

We thank you, for the gift of each new day, for the beauty of life in all its fullness, beauty found in the everyday things of life.

 Help us this day to appreciate the beauty in creation,

to be open to hear the joyful sounds and sights that surround us and to be truly thankful.

**Amen.***Sandra Collins, Local Preacher.*