

Tony Thinking Aloud xcvi

We have been thinking about individuality...Last week we reflected on everyone being different with diverse needs. We may wish to help others, but we have to remember we are all different.

I suggest we think about our own individuality. We are all very busy people, and we tend to think about the next job while doing the present one. Why not stop awhile?

I have a friend who does not go to church a great deal but always asks – ‘What is your Lent Rule this year?’. Most people, in regard to a Lent Rule, think about giving up something like chocolates and cakes. This is good up to a point but think why? A Lent Rule is designed to help us reflect on our lives and the best way is to stop, pause and think.

So, my challenge is to pause for five minutes each day – ‘a me time’. Try and take away all distractions – just relax. I have found it very difficult!

As you relax let those unexpected thoughts drift through your mind. Unexpectedly you think of someone you should or could relate to you. You may just realise in those few minutes that life is about being yourself, relaxing and being there for others too.

Now where do those unexpected helpful thoughts come from? Some may think it is about being part of creation, reacting to thoughts with guidance by the Great Creator to help us to understand more about living. Others may have different views. But ...time to stop, pause, reflect, contemplate, and think about understanding our relationship to others.