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'March winds and April showers bring forth the sweet May flowers' or so my Grandma would say. She was knowledgeable on traditional sayings, the weather ones were nearly always true.

March – a word that suggests positive movement. It can be seen as the year is getting busy, the mild snowdrops and croci first, then the stronger presence of the daffodils are with us. Next the prolific flowers in May with the help of the April showers.

March, the first month of the Roman Year, as things were moving into summer. Named after the Roman God of War - Mars. It was the beginning of the year until two ancient calendars were reconciled in 1752 – January 1st became New Year's Day. March 1st is now the beginning of Meteorological Spring. The traditional first day of Spring is March 21st which is marked by the Spring Equinox.

Question is are we looking forward positively as the new year moves on, as nature moves on? Very easy in these unusual times to be resigned to every day being the same! We may not be looking forward confidently.

Life is full of gradual changes rather than definitive ends. Have you ever thought how God works and guides us in our lives very gradually? Like the gradual changes of the seasons, we do not always realise it – not until perhaps months or even years later.

Look at an old photo of yourself (or think of a situation some time ago).

Try to remember what you were thinking when it was taken. What you were going through at the time. How have times changed since then?

Pretend for the moment that the 'you' in the picture has been suddenly spirited forward to today – with no knowledge of what has happened in the interim. What would the old you make of the new you? A lot has happened on the journey.

Pause now – many people can see in this kind of reflection and thought a guiding hand, and understanding that we are not alone on the way. The Pandemic has made many people look at things from a different viewpoint.