

4<sup>th</sup> April 2020

As we come to our rest tonight in the comfort of our beds let us remember those on the front line of the war against this virus. The doctors and nurses low on sleep and vulnerable  
In the midst of this cauldron let us all come into the quiet centre of the storm where we connect with our souls and Jesus. We pray for all who are giving of themselves without regard for their own safety

Love Edwina and Richard

5<sup>th</sup> April 2020

Every day we get given is a gift. We need to live in the moment- not regretting the past nor planning the future. How much energy do we waste planning for future possible things that might never happen. Live in the moment. Live in the here and now for that is life.

Tonight I think of the last verse of Amazing Grace

When we've been here ten thousand years bright shining as the sun

We've no less days to sing God's praise than when we first begun.

We will get through this difficult time if we focus on each day at a time

Every Blessing to you all this evening

Edwina and Richard

6<sup>th</sup> April 2020

We come gently to the end of another day. Edwina and I were talking over a late lunch and looking out of our window into our big garden when Edwina said we have our lovely space but what about those families with young children living in tower blocks. How are they managing. It was a very deep thought. We need to think and pray for these people. We are very privileged to live where we are. We end this day with the final verse of Lord of all hopefulness which says

Lord of all gentleness, Lord of all calm

Whose voice is contentment, whose presence is balm be there at our sleeping and give us we pray, your peace in our hearts, Lord at the end of the day

Every Blessing this night

Edwina and Richard

7<sup>th</sup> April 2020

My thoughts tonight are toward our souls and I am drawn to a true story which I used in church one day. It goes like this:

Horatio Spafford was a Chicago business man at the time of the great Chicago fire of 1871

He lost everything

In 1873 he put his wife and 4 daughters (his son had already died of scarlet fever in 1870)

On a ship to England whilst he tried to salvage his business. A few days later he received a telegram from his wife saying 'saved alone' There had been a shipwreck and his 4 daughters had perished. He caught a ship to England and as it passed over the very spot where his daughters had drowned he wrote these words as a song:

"When peace like a river attendeth my way, when sorrows like sea billows roll:

Whatever my lot You have taught me to say "it is well with my soul"

It is well with my soul, it is well with my soul, it is well with my soul.

Our lot now is the virus but as long as we say and trust that "it is well with my soul" and trust that our souls are being fed we will all come through this stronger and better human beings.

God bless, Edwina and Richard

8<sup>th</sup> April 2020

An end to another beautiful spring day. Spring is a season of hope, of renewal. This is a troubled time we live in but spring is eternal and in due course the seasons will change to summer, Autumn and winter then to spring again. It is an eternal cycle. A prayer from The Friendship Book

We need peace and quiet Lord, to help us on our way. We need to find serenity to calm a troubled day. We all need help and comfort, a beacon in the night. The gift of love and friendship, an ever guiding light. So thank you Lord for being there, whatever comes our way, for all the love which never dies and thank you for today

Every Blessing to you all  
Love Edwina and Richard

9<sup>th</sup> April 2020

Hi all Its us here again. This is a prayer we picked up on our travels in the Caribbean. It goes like this: Dear God when I am lonely and perhaps I feel despair Let not my ailing heart forget, that you hear every prayer. remind me that no matter what I do or fail to do, there is still hope for me as long as I have faith in you. Let not my eyes be blinded by some folly I commit But help me regret my wrong and to make up for it. Inspire me to put my fears upon a hidden shelf and in the future never to be sorry for myself. Give me the restful sleep I need Before another dawn and bless me in the morning with the courage in you to go on.. In times of trouble, stress and strife I always turn to the book of John Chapter 14. "Do let your hearts be troubled. Trust in God, trust also in me. In my fathers house are many rooms: if it were not so I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you I will come back and take you to be with me that you also may be where I am. Every Blessing, Edwina and Richard

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10 April 2020

Hi all, It has been a lovely day and as we come to the close of the day for some reason the image of 'Arkwright' in 'Open all hours' comes to mind. He stands there looking up seeming to try to make sense of the day. I can hear him say 'that Granville what does he think he is doing' In the times we are living through we can also come to the end of the day trying to make sense of it all. I think then of the fruits of the Holy Spirit which are love, joy, peace, patience, kindness, goodness, gentleness and self control. It seems to me that in the strange and volatile world we live in then these 'fruits' are especially important. Edwina and I and we freely admit this have struggled with patience. It is said that if you pray for patience then God will place you in a situation where patience is really needed. St Paul talks of these and says 'Love is the greatest' Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful. It does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. We have this love and it will sustain us through this very difficult time. Love is everything. God bless and sleep well. Love from Edwina and Richard

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11 April 2020

From Encounter with God by Dennis Wrigley

I allow the noise of the world to fade away into the far distance, and the soft breeze of the breath of God to blow in gentleness upon my life, bringing refreshment, and a sense of well being and a calm delight to my troubled soul, and in the quietness my Lord tells me in simplicity, Be still and then I know that He is God. Love from Edwina and Richard this Easter

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12 April 2020

Last thought tonight after this most odd Easter day. I come in awesome silence into your presence. No words, no pleading, no concepts or designs. I encounter You in this stillness which settles deep within my soul. Beyond all time and thought. I wait upon You, I rest beneath your shadow. I feel your breath upon my life and discover anew that it is not I who

come to You but You who come to me, and in your coming You commune with Your Spirit within me and I am at once made whole and all is well. Every blessing this Easter evening  
Edwina and Richard

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13<sup>th</sup> April 2020

Evening all. Some of us might remember that those were the opening words from Jack Warner of Dixon of Dock Green before he went into the events of the programme. Today I feel a similarity. We have a new storey. We are having to live life very differently than we are used to but is that necessarily a bad thing. We have a great opportunity to live life better, with time for quiet, with time to let our souls breathe. Matthew in his address made a point of saying that it is important to recognise the ongoing tragedy in our country. There is a saying a single death is tragedy 10,00 is a statistic. For everyone who has died from the virus there are those left behind mourning the loss and perhaps not able to be with them in their last moments. It is a sobering thought. We all have time to think, pray and be in the silence. I leave you with this. "You bid me leave my busyness, the structures which imprison me, the plans the schemes, the ticking clock, the noise, the words, the instant shock. You lead me to the desert, bereft of every load, no rushing, no pushing, striving, seeking, just the timeless eternity of your presence and a perennial youthfulness, which is your gift. Silence and contemplation are great gifts. With love and blessings from Edwina and Richard

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14<sup>th</sup> April 2020

I remember a TV programme the second in the series of the Abbey when the guests had to learn to cope with silence. They found it very hard. One man, decided to trust in the silence and he went off by himself and spent an entire day all alone in the countryside and learnt that in the silence you hear that quiet still voice speaking into your soul.

From Encounter with God by Dennis Wrigley. Silence beyond all silence, Stillness beyond all stillness, heights and depths of motionless, filled with peace, the formlessness, the awesome nearness of Your presence – this ultimate reality, the very breath of God. In the silence we find ourselves, the inner self stripped of all the trappings of the world around us. The core of our being and in there is the eternal hope of our life to come. Every day try to find 10 minutes in which to do nothing, maybe light a candle and spend time in quiet contemplation. In the midst of this pandemic we still can find the eye of the storm where all is tranquil and quiet. God bless love Edwina and Richard

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15<sup>th</sup> April 2020

The news is at the moment full of distressful events. Yet life is always powerful, life is full of energy, life is always full of love if we could but see it. Life is simply beautiful – a gift from God  
Life

Shines just like a candle, that flickers in the breeze, So that in the darkest night, the truth one always sees. So forget not the ingredient, that helps us all to cope. That magical elixir is, of course, Quite simply hope. Hope in our saviour Jesus Christ  
Every blessing from Edwina and Richard

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16<sup>th</sup> April 2020

It seems that in a rather chaotic world we need to find a time, a place, and a moment to enable us to find some peace. Peace and quiet are so restoring and renewing so we leave a message tonight about peace from Encounter with God by Dennis Wrigley

In my breathing Peace

In my feeling Peace

In my being Peace  
 In my thinking Peace  
 In my speaking Peace  
 In my doing Peace  
 In my travelling Peace  
 In my sleeping Peace  
 In my whole being Peace  
 Far beyond my understanding  
 For it is the Peace which is of God  
 And which is God

Peace is a quietness of the soul, a sense that all will be well. It is a peace that does not come from this world but from our Creator God. The Gospel of John chapter 14 verse 27 Jesus says "Peace I leave with you: my peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid"

Sleep well love Edwina and Richard

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17<sup>th</sup> April 2020

Touch me and make me whole. Come to my weaknesses and bring your strength  
 Come to my restlessness and bring me your stillness  
 Come and reveal to me Your goodness and your mercy, and in Your coming  
 Reveal to me Your nearness that I may know that I am not alone,  
 And that moment by moment, You bear my sorrows, share my joys and will  
 never leave me or forsake me, that You will pour out the richness of Your healing  
 upon me this child You know so well and love so dearly.

Psalm 116 verse 8

For you O Lord, have delivered my soul from death, my eyes from tears, my feet from  
 stumbling, that I may walk before the Lord in the Land of the living.

Every Blessing Edwina and Richard

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18<sup>th</sup> April 2020

The blessing of him who stilled the storm  
 The blessing of peace and a deep new calm  
 The blessing of joy come to your mind  
 The blessing of love help you unwind  
 Peace in your dealings, peace in your days  
 Peace in your living and give God praise  
 Peace between me and each friend  
 Peace in the morning and at the day's end  
 Peace in each hour and in the whole day  
 Peace on my journey and all of the way  
 Peace in the tasks that I need to do  
 Peace in my life, peace comes from you  
 The peace of Christ Jesus be with you tonight.  
 The world may be in chaos, but you can still find that quiet moment of utter peace  
 Love from Edwina and Richard

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19<sup>th</sup> April 2020

I sit in my room in lockdown. I see the walls and I know I cannot go anywhere. Then I become still and let my soul free to see. I see beyond my room, I see beyond the streets, the village and let my soul look upward. I see the sky, the moon and the clouds and then let my soul roam free to see more. I see beyond the sky, beyond the clouds, I soar beyond this Earth and see the galaxies, the stars and the infinite wonders of the immensity of Creation. I am in it, in the midst of it and in there I sense God and his utterly infinite love. I find peace and tranquillity in the midst of the chaos of the world. I come to know the peace that only can come from trusting that all rests in God's hands and I can relax, let go and let God do His will in my life. I can let go of all my worries and sleep in the peace that only Jesus can bring.

Bless you all tonight, sleep peacefully tonight and every night

Love Edwina and Richard

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20<sup>th</sup> April 2020

God of peace, relax the tensions of my body. Still the anxieties of my mind

Calm the storms of my heart, give me courage to wait,

Let peace flow in me, through me, from me the deep, deep peace of God

God is with you when the way is dark and life seems cold.

God is with you when the body is weak and you feel old

God is with you when doubts arise and fears descend, God is with you in the middle of the night when fears assail

God is with you forever Love Edwina and Richard

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21<sup>st</sup> April 2020

A prayer from Encounter with God by Dennis Wrigley. "I come as myself just as I am. This moment, my feelings, my fears, my joys, my sadnesses.

You see me as I really am. You know me through and through. You see all, all that I am or ever have been.

Every experience in my life is laid before You.

Every image I have seen, each touch, each sensation, every word, each idea, each thought which is imprinted in my soul and is known to you.

You know me better than my closest friend.

You know me better than I know myself.

You know and because of who I am and in spite of what I am – You love me. I am of enormous value to you.

You love me through and through. Nothing, nobody can remove me from your love.

Nothing, nobody can separate me from you love or your presence."

We do tend to beat up on ourselves but always remember that even in our darkest times, when we are tired, feeling inadequate, worn out we remain of enormous value to Jesus Christ our saviour and redeemer.

You are loved!!!

God Bless love Edwina and Richard

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22<sup>nd</sup> April 2020

We have been locked in at home for the last 40 days but it does not seem like that. Each day has been lived. Sometimes looking ahead sometimes in the past but hopefully mostly in the moment. We have been blessed with lovely weather and I am sure all our gardens are now immaculate. Every moment we live is a gift, a gift to use for the benefit of not just ourselves but all those with whom we share what is going on in our lives. I have found in my walk with

Christ some of the most life enhancing moments can happen when we are really in dark places, when our resources, our strength are stretched to breaking point. Such is the time we are living in now. In times of trial we grow stronger, we learn to trust in our friends and relations, to truly value human contact. We learn that the values of society based on wealth and possessions mean nothing when faced with the fragility of human life. I really hope that through this time of trial we will all come to a new understanding, a new reality based on love for one another, when 'love your neighbour' really means something. I think that the way we have all helped each other shows great hope for the future, that when this is over, we will all be better human beings than we were before. More tolerant, more forgiving, more understanding of each, others needs.

Finally, you are never, ever alone. Christ is with you all every step of the way. If there is only one set of footprints in the sand it is because He has carried you, He will uphold you, never forsake you and his love for you, each one of you, is eternal. Remember the currency of life is love and hope.

Every Blessing Edwina and Richard

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23<sup>rd</sup> April 2020

We come to the of another day – a day probably of mixed blessings. Each day can contain the good, the bad and the ugly but it is still a day we have lived, a day we have given thanks for, a day that will never, ever be repeated. The most wonderful thought is that when you reflect on your day did you live it to the full? was every minute precious, was every minute used in love and caring. If we can say to ourselves, we have truly lived this day with all its ups and downs then we have achieved everything we needed to do this day, we have nothing to regret and can look forward to a new dawn with hope. If you feel you have not done as well as you might forgive yourself. To forgive ourselves and others is one on the greatest healing things we can do.

Life is a journey, each day is different, each day contains moments of fulfilment moments of sadness, moments of love. Each day is a glorious kaleidoscope of colour of all the gifts we have been given, the love in our friendships, the caring for each other. As we all come to rest tonight help us all give thanks to our Lord Jesus Christ who has so blest us and through His death and resurrection has given us the most wonderful gift of eternal life in His Kingdom. In the midst of the trauma the world is going through remember that love is the greatest gift of the Holy Spirit. Love is everything.

Love Edwina and Richard

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24 April 2020

Today we have had a change in the weather. We have had soft and gentle rain which has watered our gardens and softened the soil. It set me thinking. It is possible that in the climate of chaos and uncertainty in the world today our souls may have become like our gardens dry and hardened and we need this rain in our hearts and souls for us to grow in this very difficult time. That rain for us is the water of life given to us by Jesus. Jesus wants us to like a well watered garden. This prayer from Encounter with God by Dennis Wrigley 'In my heat of anguish and fear I am refreshed by the sprinkling of your cool, refreshing water. In my anxiety and fear I am washed by your pure and cleansing water. In my weariness and uncertain direction I am swept along by the strong current of your water. Your Holy Spirit, revives, refreshes and renews my soul so that I can face a new day with hope and faith. Every new day is a gift.

God Bless you all Love Edwina and Richard

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25<sup>th</sup> April 2020

It is Saturday and that used to have special meaning. The end of the week brings thoughts of a lie in or in my case a game of golf. In these times days blur together and sometimes it is very difficult to remember what day of the week it is. I don't think that really matters as long as we live each day as best we can. We live in a very difficult time right now but in the end things will get better. Let us not become overwhelmed with all the bad news. Let us draw strength from each other and our intertwined lives. We all impact on each other every day in what we say and do and the life we have is all about sharing, loving, forgiving.

Today is all about life, today is all about living  
 It's catching the sunshine and seizing the day  
 And sometimes forgetting , forgiving  
 Today and every day is all about love, to comfort the hurt and the stricken  
 Reach out to each other, each brother and sister,  
 No matter what is going on it, there is always time to celebrate life

Love Edwina and Richard

26<sup>th</sup> April 2020

This evening I am thinking about all the things that have happened in the world during this pandemic. The news as they say is all bad and I have become very concerned that the media do not talk about the good things that have also happened. The self sacrifices of many people in the cause of helping others. I feel that we need to focus on what has not changed. It is still the same world that we all born into. Planet Earth is still revolving around the Sun. The stars are still in the sky. The moon still waxes and wanes. God's kingdom is still intact. I say take heart, trust in God and in the end all will be well. I really want to leave everyone with a message of hope. Trust in God but also trust in each other. We are all in this together and with prayer and hope in the end all will be well. May the Grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all this night and evermore  
 Every Blessing Edwina and Richard

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27<sup>th</sup> April 2020

It has been a rugged two days for us with Edwina's assessment and then first chemotherapy session but today has been a good day. At night sometimes I am sure we all are prey to doubts and fears for the future so this little prayer from The Friendship Book is aimed at those fears. When daytime cares crowd in at night, be with us Lord we pray  
 And let thy gracious strength of will,  
 Take troubled thoughts away  
 May healing strength be with us now:  
 The morning dawns anew  
 And problems and fears seen in a different light  
 Appear less daunting too!  
 We pray that the light of Christ will shine a bright light into all our worries and concerns  
 Goodnight and God Bless  
 Love Edwina and Richard

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28<sup>th</sup> April 2020

The day draws gently to a close and I wonder what have we learned today. I hope we have all learned to love one another as we are commanded to do and I feel certain that in our little community that is absolutely true. There is such love in our community from the WI, from Kate and Mick in the shop, too those other special friends who we value so much. We are so

blessed to have each other in this time of strife. We talk and chat, swop messages of love and hope, and yet I pray we remember the value and healing of silence and here is a little prayer from The Friendship Book .

Heavenly magic is silence, refreshing as the showery rain,  
 Inviting pleasant thoughts to bloom, sweet memories to linger again  
 Soul of silence, yours is music, lighter, true  
 Carrying us over calm seas, to peaceful shores anew  
 Where all is little cameos, and quiet rest  
 A world of intermission, of silence we love best  
 Find silence, trust it, and in that silence you will find peace.

Shalom

Love Edwina and Richard

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29<sup>th</sup> April 2020

It is Saturday and that used to have special meaning. The end of the week brings thoughts of a lie in or in my case a game of golf. In these times days blur together and sometimes it is very difficult to remember what day of the week it is. I don't think that really matters as long as we live each day as best we can. We live in a very difficult time right now but in the end things will get better. Let us not become overwhelmed with all the bad news. Let us draw strength from each other and our intertwined lives. We all impact on each other every day in what we say and do and the life we have is all about sharing, loving, forgiving.

Today is all about life, today is all about living  
 It's catching the sunshine and seizing the day  
 And sometimes forgetting , forgiving  
 Today and every day is all about love, to comfort the hurt and the stricken  
 Reach out to each other, each brother and sister,  
 No matter what is going on it, there is always time to celebrate life  
 Love Edwina and Richard

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 30<sup>th</sup> April 2020

Another day has passed. A day that can never be repeated. Did we do the best we could have with day. I think we probably have for if there is one thing we have learnt in these times is how we value each other. God's gift to us is people. People we meet, get to know, get to love, get to cherish. Our community is made up of wonderful, caring, loving children of God. But also in these times we can end the day with troublesome thoughts, leading to disturbed nights so I leave you with this prayer from The Friendship Book

When daytime cares crowd in at night, be with us Lord we pray  
 And let thy gracious strength of will, take troubled thoughts away  
 May healing strength be with us now  
 The morning dawns anew and problems seen in different light  
 Appear less daunting too!

Love Edwina and Richard

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3<sup>rd</sup> May 2020

This Sunday evening I am thinking of two things. How can we repel the negativity of what the media tells us, and in the midst of all that is going how can we recharge our souls.

In the first place we need to be on guard for our hearts. This reading from proverbs 4:23 alerts us to the negative thoughts that can invade us. 'Guard your heart above all else, for it determines the course of your life.'

Yes, there is a lot happening. Uncertainties, information and misinformation are going around. Sometimes it is hard to know what to believe or not to believe. Yet, amid all this, we are called to guard our hearts more than anything else. We can only do that by holding on to what God has said in His Word. What we allow in will affect how we live our lives today and in the future.

Then how do we recharge ourselves. We all have mobile phones and when the battery runs low we plug it in to a charging point. What do we do when our batteries run low. If we plug ourselves into an electric socket will receive an unwelcome jolt ( I did this once in church it was a shocking experience and I became a real live wire!!!!) Alternatively we can, through thought and prayer plug into the power of Jesus and in doing so, refresh, revive and renew our souls. Of all that is going on in the world, with chaos, uncertainty and confusion there is one utter certainty in our lives.

The love of God never changes, He is with us through all the trials and tribulations that assail us and at the end of the day as we lay down to sleep, His love and peace are there for us. Plug into Christ and the Holy Spirit and refresh, renew and revive you souls for the days to come. God Bless Edwina and Richard

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4<sup>th</sup> May 2020

Silence is a wonderful thing. We can let go of all the noise around us and in that quiet moment find our inner selves, our inner strength, to listen to that still small voice inside us that bids us to be calm and quiet. Silence has been a theme before but this meditation will help us all to end the day in peacefulness. A prayer from the Friendship Book

Listen to the silence, and feel it calm your mind,  
 Let the noisy world go by as tangled thoughts unwind,  
 Learn the secret of the earth, for nature works in peace,  
 And all things grow in silence, their wonder to increase  
 Take a little time for you and let that peace begin  
 Close your eyes, relax be still, and find it deep within  
 So short a time , a precious time, serenity your goal  
 Just listen to the silence and let it find and soothe your soul.  
 God bless Edwina and Richard

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5<sup>th</sup> May 2020

Once again we have had a lovely day and now it is evening and we are all slowing down from the activities of the day, virtual or real. We love the evening especially when the wind is quiet, the birdsong soft upon the breeze, the sun setting and all is well. We live in very difficult times and yet if we hold to faith all in the end will become beautiful again. Life is beautiful, life is wonderful and it is a gift from our ever Loving Father. Love life, cherish life and love all those around you. Love is the most wonderful gift we have, so tonight think of those we know that could do with a loving word and call them tomorrow. Sleep in peace for today is done and tomorrow can wait.

Love Edwina and Richard

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 8<sup>th</sup> May 2020

VE day celebrations have been with us all day. It is a very sobering thought that if the war had been lost would any of us be here today. The cost of freedom is often very high. Jesus Christ gave us freedom from sin by His death and resurrection. On earth people have often sacrificed their lives to save others. Edwina and I visited the war cemetery having done the journey on the 'railway of death' across the bridge on the River Kwai and visited the museum which shows pictures that are very difficult to look upon. We have also visited the holocaust memorial in Jerusalem. It does throw into perspective about the trials we are going through now. We are asked to do simple things and I think that here in Ceredigion we are doing them well. So remember tonight all those who gave their lives that we might have a future.

God bless you all

Richard and Edwina

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 9<sup>th</sup> May 2020

It has been another beautiful day. A day to be out and about in the garden, planting, cutting grass, and feeling the welcome warmth of the Sun. The days go by and sometimes it is very easy to lose track of which day of the week it is. Tomorrow is Sunday, the Day God rested in the creation of all that is. We also need to rest, to allow time for souls to renew, refresh and revive. Take time out tomorrow, take time to find nothing to do, just be. Just be the person you were created to be, resting in the endless love of our Creator God. Be quiet, be still, listening to the songs of the birds, absorbing the sounds of life all around you. Become a sponge soaking up all the wonderful birdsong, the warmth of the late evening Sun and later when the stars and moon appear in their awesome grandeur reflect quietly in your heart about how wonderful our world is. We may be going through difficult times but that does not change how wonderful our world is and it is utterly brilliant how we have all come together to support each other. Love thy neighbour has truly come to life. Thank you all

Loads of Love, Edwina and Richard

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 10<sup>th</sup> May 2020

The wind has turned colder and the evening seems less welcoming and sometimes life is like that. Some days are great others not so good and we learn as we go through life to cope with them both. We are having to cope with something that we have never had to do before. But in that coping we are learning to trust in our friends, to share with our friends as we have never done before. We are finding how lucky we are to have friends to lean on, to talk to and maybe also not to give that bland answer when asked how we are, which is often 'Ok I am fine' when the opposite is true. I think we are all learning to have courage to be more open about how we really feel. We are all learning new things in this situation which will stand us in good stead when we finally become free of this virus. Our friendship and love for each other has grown hugely in this time which is something to give thanks for. I pray tonight for the power and strength of our Lord Jesus Christ to be with you all, sustaining you, refreshing you and preparing you for a new day. Sleep well.

Good night God bless Edwina and Richard

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 11<sup>th</sup> May 2020

We can feel that it is difficult to see the future, where our paths will lead us, especially in the world today. But we can trust totally in the hand of Christ in our lives as we can see in this prayer from Encounter with God by Dennis Wrigley

"From the silence of the heights, I look down on the winding path of my life, and in my solitary stillness, I catch a glimpse and taste the flavour of rich encounters, moments of joy and sadness

long past, visions and echoes of people, places and circumstances , each of value and some of the greatest worth, and seeing, I recognise Your hand upon my days, Your presence, never changing, within my ever-changing life. I see not where the path will lead in the coming days but know that all is in your care and that all that is past – and yet to be is vibrantly alive. For the One whose sameness then, and now, for eternity is the Rock of my strength, my refuge and salvation and against this Rock the storms of time beat all in vain.”

Trust and all will be well. Grace and peace from E and R xxxxx

12th May 2020

Meditation Living in the moment

I find this evening my thoughts are turning to what I call ‘living in the moment’. Before this pandemic hit us we had the ability to look ahead, plan ahead and think of things to come. I did this as much as anybody. I looked forward to warmer weather when playing golf in a short sleeved shirt is great. Or too the beginning of the bowling season. On reflection it seems to me that we spend a lot of time looking forward. How about the phrase ‘It will be great” to go on holiday or when this or that happens. There is nothing wrong in looking forward but let us not forget to also live in the present. In one sense this pandemic has taught us not to look forward because that has been taken away from us. What we have been given is the great gift to make the most of every single day. We see that in all the feelings we share and it is quite wonderful. Living, trusting, and absorbing every minute of each day is living life to the full. Because we really cannot plan ahead we are living every moment in the here and now. In John 10 Jesus says ‘I have come that they may have life, and have it to the full”

Live every minute of each day as they come, not looking back and not looking forward.

Live life to the full

Love form Edwina and Richard

13th May 2020

This evening as of many others I have been out in the garden hitting a few golf balls.

Winchester loves to collect them and he can pick up three at a time. He is a very gifted dog!!!

I hit a sequence of shots that were very pleasing and then suddenly out of nowhere I hit two shots that went at 90 degrees in the wrong direction into my neighbours garden. Luckily he does not mind. As I retrieved the errant balls I started to think about the possible lesson to be learnt here. We can go through life on many a smooth path then something disrupts this smooth progress. Something trips us up. Here and now it is the Covid 19 virus. It has certainly interrupted the rhythm of our lives, caused us to do things differently, to think differently and have to cope with a whole new way of living. I really feel that we are learning so many good things about us, our community and how we all get along. I was also reminded that the true journey of life has tough times and it is easy to feel disheartened.

Matthew 7:13-14 talks about the narrow gate

“Enter by the narrow gate; for the gate is wide and the way is easy, that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard, that leads to life. It leads to life in all life’s abundance. I think that we are now all walking the narrow way into a future where our community will grow in strength, in helping each other and sharing love for one another. To me that sounds pretty good. Loads of love Edwina and Richard

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14<sup>th</sup> May 2020

It seems that we live in a time of great change. A time of great anxiety and stress. However, we are still the same people we have always been, with our strengths and weaknesses, our likes and dislikes, things we like in my case, (mini magnums) and don’t like (Marmite). We are human beings created in the likeness of our Lord and that does not ever change. Rest assured

that despite all that is going on in the world we are still the same people we have always been, loving, caring and looking after each other, finding acts of random kindness to do. We, have I think really come to value true friendship and that is a wonderful thing. It is very easy to become caught up in the events of the world today and lose that true perspective in recognising that we are valued by each other and also incredibly important by our Lord Jesus Christ. Despite all our weaknesses we are still loved by our Lord and that is something that will never change. As humans we can go up and down in our lives but as Hebrews 13:8 says "Jesus Christ is the same yesterday and today and forever".

Good night God Bless Edwina and Richard

15<sup>th</sup> May 2020

We are truly being blessed with great weather. I was out in the garden this afternoon doing some strimming. All went well until the trimmer starter assembly broke and the machine would not go any further. On reflection it raised a question in my mind. "how are our starter motors. What wakes us up and gets us moving at the dawn of a new day. It is easy on awakening for our souls to be assailed with all the negative stuff. We can awaken from a decent restoring sleep then our minds are invaded with all the limitations of our lives right now. The things we want to do and cannot do. It can be a really bad moment. We need in these moments to gather our thoughts and regain our focus on what is good in our lives. Take ten minutes to slowly breathe in and out, to breathe in the love of God and breathe out all the negative stuff we have been lumbered with. I find this to be a very fulfilling moment. I go on line every morning to the Northumbria Community for morning prayer. Google it and try it.

A prayer

Make this moment of waking a time of joy, of freedom, exhilaration, a moment to draw new strength from Your Holy Spirit. Prepare me for this new day Lord and give me the strength to do all I have to do.

Love Edwina and Richard

16<sup>th</sup> May 2020

I was washing up the other day tackling, plates, pot and pans and some were easy to clean others were more difficult. I was guided to think of my soul and how clean or dirty it was. Did it take a scrubbing brush or a light clean. Was it baked on muck or just a little grime. The baked on stuff that is so hard to shift is things from our past that still have the power to hurt us. A little grime is the stuff that has affected us today or yesterday. Either way we need to give our souls the benefit of a deep clean. The world today can really dump on us in in what is going on and some of that has the ability to remind us of past hurts. Our souls can become overloaded just like barnacles on a ship. This overloading can cause the ship harm. So tonight may I encourage you all and myself to dump the unwanted barnacles, clean off you soul. Give all the hurts, past experiences that clutter your souls to our Lord Christ Jesus. Tomorrow start the day with a clean forgiven soul. A bright new start free of past clutter and grime. A wonderful new beginning every single day. Love Edwina and Richard xxxxxxxx

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17<sup>th</sup> May 2020

Some days are better than others. Sometimes we feel we can cope, other days are much more difficult to cope with. Sometimes things can get on top of us. In these times it is really important to know that we are not alone. I leave you with this prayer from Encounter with God by Dennis Wrigley:

"I reach out into the dark and find there the warm strong grasp of the hand of God. I falter and stumble and am at once raised up in loving arms. I seek and Joy of Joys I find, I knock and the door is opened wide. I ask; He gives in bounty all I need. In the darkest time I cry out and He

gently leads me into the light of His Presence . All my fears are stripped away. I am renewed, refreshed and am prepared for a new day whatever it may bring.” I pray to rest tonight in the peace that only Jesus can bring,  
love, Edwina and Richard

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18<sup>th</sup> May 2020

Sometimes Monday’s can be tough. The beginning of a new week can be but in these times days blur, there is a sameness to every day and with all that is going on we can sometimes feel that we are in a ‘desert place’. The desert place can be a quiet place. The song ‘A horse with no name ‘has this verse in it:

“I’ve been through the desert on a horse with no name  
It felt good to be out of the rain  
In the desert you can remember your name  
‘Cause there ain’t no one for to give you no pain”

The bit that always gets to me is the line “In the desert you can remember your name”. It speaks of that solitude we can find when we can step aside from the world around us. Get away from all the noise, find who we really are. I have found over many years that in the desert we can grow as human beings. The desert can be a place of healing, of renewing so never be afraid of the desert. The desert can be your friend if you let it.

Love Edwina and Richard

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19<sup>th</sup> May 2020

Yesterday I talked about being in the desert and how it can be a very renewing experience. I found this meditation which I really want to share with you all  
God of the Desert from Encounter with God by Dennis Wrigley

Absent from the chaotic noise, of an unreal world, entering the solitude and stillness. I wait upon the God who comes to disturb me with His all, pervading peace, with His penetrating truth, with His wondrous, awesome, all knowing, presence  
He plumbs the depths of my being, revealing the hidden, touching the untouched and in the raw simplicity of the wilderness encounter, this wrestling of the spirit, I am set free with opened eyes and unstopped ears to meet Him on His mountain top, to breathe in of the freshness and the purity of his being , knowing something of the mystery of His love  
Christ’s love for us knows no bounds, no limitations, it is endless and all forgiving. It is simply utterly wonderful.

Love Edwina and Richard

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20<sup>th</sup> May 2020

I think Tina’s suggestion that we count our blessings is so in tune with what we are living through. It can be so easy to start to feel sorry for oneself, to focus on all the things that oppress us rather than those things that free us. To focus on what we cannot do instead of what we can do. It is indeed difficult at this time when so many of us are having some serious health issues. What we can do is to be thankful for all the love and friendship that we all share, to remember the messages of love and hope we all share. We are a great community bonded in love for one another, helping each other, looking out for each other. Is that not a wonderful thing to give thanks for every day. As we all come to rest tonight I pray that we will all pray for each other, support each other so when this virus thing end we will have created bonds of steel, of love and friendship that will last into eternity.

Love Edwina and Richard

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21<sup>st</sup> May 2020

For some reason this morning when I woke up I was thinking 'rhythm'. I keep a pen and paper by the bed so if a thought comes to me I can write it down otherwise I will forget. In the situation we find ourselves in our normal rhythm of living has been severely compromised. We cannot do all the things we are used to doing. Going shopping, visiting friends, a pub lunch with others has all had to cease until when we do not know. So the rhythm of our lives now is so very different. We socially isolate, we exchange messages, we phone each other and we really are learning to care for one another, to support one another and with the health issues many of us are facing that is truly a great thing. The rhythm has not gone it has simply changed. Sammy Davis Jnr sang a song called the rhythm of life of which this an extract.

And the rhythm of life is a powerful beat,  
 Puts a tingle in your fingers and a tingle in your feet,  
 Rhythm in your bedroom, rhythm in the street,  
 Yes, the rhythm of life is a powerful beat.  
 To feel the rhythm of life,  
 To feel the powerful beat,  
 To feel the tingle in your fingers,  
 To feel the tingle in your feet.

Our rhythm may be different but it is still very powerful beat, a beat that will sustain us whatever comes our way. Take heart from this passage from Matthew 11:28-30  
 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

The rhythm and the beat of life goes on

Love Edwina and Richard

22<sup>nd</sup> May 2020

Today has been different. Strong winds, not quite so warm. Despite this I knew I needed to do some weeding in the veg patch. So there I am on hands and knees gently loosening the weeds and digging them up. In such times I have realised that having my hands in the earth and being on my hands and knees somehow helps me connect to our Lord. I become aware of his presence and I came to understand that He was telling me about the weeds around my soul and how they can interfere with living. We can all become down, distressed about all the stuff we hear on the news and other media, the health issues that affect so many of us. Let us never lose sight of the fact that life is for living no matter what is going on. Catch the moment, the ray of sunshine, the birdsong, a welcome phone call. Live the day in all its wonder as once it is past we can never repeat the day. Seize the moment and despite all that is going on experience life in all its glory and splendour. Life is simply beautiful in trusting in Christ because He takes all our worries, fears upon Himself and relieves us of the burdens that life can give us. He has our ultimate destiny in His safe hands. May you all sleep in peace tonight.

Grace and Peace to you all this evening. Love Edwina and Richard

23<sup>rd</sup> May 2020

It has been a very windy day today and I was out in the garden trying to hit a few golf shots and the wind was making life difficult. At Cardigan Golf club where I play there is nearly always a wind, sometimes like today, quite strong and it is very difficult to keep a clear mind on what I am doing with my golf swing. The wind 'gets inside your head' and instead of keeping a clear focus on my game I become embroiled in a battle with the wind and if I am not

careful the wind always wins. Life can sometimes be very stormy, and it is at the moment with the virus that has so changed things. This is also compounded by the fact that so many of us and those we know have health issues. We can so easily lose all the 'good things' and become involved in a battle with all the storms in our life. It is difficult not to become very disheartened at time and in thinking about this I was reminded of the bible passage in Mark 4 36 -39. It describes how Jesus and His disciples got into a boat to cross a lake. A furious storm came up and the waves were breaking over the boat. Jesus was sleeping on a cushion in the stern. The panicking disciples woke Jesus saying 'don't you care if we drown. Jesus stood up rebuked the wind and said to the waves 'Quiet, be still '. The wind died down and it was completely calm. He said to His disciples "Why are so afraid? Do you still have no faith" If we focus on the storm, we will lose our way. We need to focus on the One, our Lord Jesus Christ who can change the fear in our hearts to a calm hope for the future. Finally, a quote from the praise song Faithful One so unchanging.

'You are my rock in times of trouble, You lift me up when I fall down, all through the storm  
Your love is the anchor – my hope is in You alone.'

Wishing everyone a calm and peaceful sleep. Love Edwina and Richard

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24<sup>th</sup> May 2020

This afternoon I was out in our back garden hitting some golf shots. I was very aware that I was not really connecting with what I was doing. I was essentially going through the motions and I became aware that my soul, that very important part of ourselves was not on board. As human beings we have a will, a mind and a body. We also have a soul which in computer terms is the operating system of your life. Our souls have the capacity to bring together all the parts into a single cohesive whole life where all parts are working in harmony and when this happens we are at one with ourselves and our Creator. We are at peace. If our soul becomes disconnected from its Creator then we become very vulnerable to the trials and temptations of this very damaged world. Our souls are wonderful ever renewing in the life giving waters of the Holy Spirit. Sometimes when I write these evening messages I really know that my soul is on board and the words and ideas just flow. At other times I just have to wait upon the Lord to tell me what to write. I pray tonight that our souls are in harmony with our Creator and we will all have a peaceful and restful night. Love Edwina and Richard

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25<sup>th</sup> May 2020

It was interesting today as both Edwina and I had forgotten that it was a bank holiday. I rang the vet as we have a problem with Winchester (scabby skin) and the receptionist answered 'emergency reception' we realised that it was indeed a Bank Holiday. Anyone else forget? In this situation we are all in it is very easy to lose track of days and as I sit and write this evening I feel reminded that no matter what is happening in the world we have a soul that keeps us on track, reminds us of who we are. Our souls track our every movement and records everything we do. Our soul is the centre of our being. So no matter what is happening in the world around us if we ensure that our souls are fed and watered through the power of the Holy Spirit. If we do this there is nothing that we cannot cope with, nothing will ever overwhelm us because we are at one with our Creator. No matter what we think, no matter how down we might get, remember you are never alone. In our world today with its confusion, its contradictory views, its self interest, its, me, me, me come back to the to the core of our being, your soul given to you by our ever loving, timeless, never changing Creator God, who is the foundation of all that ever was and ever will be. Rest in His peace tonight and every night. Trust and all will be well.

Love Edwina and Richard

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26<sup>th</sup> May 2020

This evening I am bringing to a conclusion of the theme of 'Soul' with a little story for you to read. It takes only a couple of minutes. It from a book called Soul Keeping by John Ortberg and is titled 'The Keeper of the stream' and it is well worth reading.

There once was a town high in the Alps that straddled the banks of a beautiful stream. The stream was fed by springs that were old as the Earth and deep as the sea. The water was clear like crystal. Children laughed and played beside it; swans and geese swam on it. You could see the rocks and the sand and the rainbow trout that swarmed at the bottom of the stream. High in the hills, far beyond anyone's sight lived an old man who served as Keeper of the Springs. He had been hired so long ago that no one could remember a time when he wasn't there. He would travel from one spring removing fallen leaves or debris that might pollute the water. But his work was unseen. One year the town council decided they had better things to do with their money. No one supervised the old man anyway. They had roads to repair, taxes to collect and services to offer and giving money to an unseen stream-cleaner was a luxury they could no longer afford. So the old man left his post. High in the mountains, the springs went untended; twigs and branches and worse muddied the liquid flow. Mud and silt compacted the creek bed; farm wastes turned parts of the stream into stagnant bogs.

For a time, no one in the village noticed. But after a while the water was not the same. It began to look brackish. The swans flew away to live elsewhere. The water no longer had a crisp scent that drew children to play by it. Some people in the town began to grow ill. All noticed the loss of the sparkling beauty that used to flow between the banks of the stream that fed the town. The life of the village depended on the stream and the life of the stream depended on the keeper. The council reconvened, money was found and the old man was rehired, After a time, the springs were cleaned and the stream was pure, children played again on its banks, illness was replaced by health, the swans came home and the village came back to life. The life of the village depended on the health of the stream

***The stream is your soul and you are its keeper***

Dallas Willard a great American theologian wrote this' Our soul is like a stream of water, which gives strength, direction and harmony to every area of our life. When the stream is as it should be, we are constantly refreshed and exuberant in all we do because our soul itself is then profusely rooted in the vastness of God and his kingdom, including nature; and all else within us is enlivened and directed by that stream. Therefore we are in harmony with God, reality and the rest of human nature and nature at large'

In the world as it is today we have to take care that our 'stream' is not damaged by all the awfulness that is in the world today

May your soul be at peace tonight and refreshed ready for whatever tomorrow brings.

Love from Edwina and Richard

P.S. Tomorrow will be much shorter – I hope

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27<sup>th</sup> May 2020

Today, I have had a much, needed reminder that although it is good to care for and pray for others but if we are not grounded in Christ then it will become a real burden. Edwina and I have had a lot to cope with and I have been praying for Edwina all time. But I have not been

praying for myself to help me cope with all that is going on. I, in the past felt that it is, self indulgent, a weakness almost to pray for oneself. I have re-learnt a valuable lesson today. It is okay to pray for oneself, to ask for strength and guidance because if we do not then we are less able to help others. If we try to rely only on our strength, we will inevitably not succeed. To be of help to others we need to be strong in ourselves and that strength has at its source the incredible love and power that Christ has for us

Matthew 11:28-30 says

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

I try in my mind to come to the Cross and leave all my burdens there. I have learnt that it takes several goes, but I will keep on trying until I feel the burden lifted. So, tonight as well as praying for others say a prayer for yourself – Its ok to do that.

Love Edwina and Richard In our world today there is so much negative comment in all the media. The media portray a scenario of utter doom and gloom and that is far from the truth. In every situation there is always hope and our hope lies in two things. Counting our blessings in all our friendships and in the Grace that is given to us by our Lord Jesus Christ. We are all blest with many friends: the WI Gals, our friends from our churches and our social lives and especially those in our local shops. Is it not terrific that we are surrounded with people who care. Is that not something to celebrate. Tonight, as I write this, I feel really encouraged that no matter what is happening we have people around us who care about us. A quote:

28<sup>th</sup> May 2020

James 1:17

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. A final prayer

The day draws slowly to a close. The sunset beckons as the wind becomes gentle. The earth is quiet and all becomes still. We look to the heavens to see the wonder of Your Creation and give thanks for all that you bring to us. As we drift into sleep let us give thanks to our Lord and Saviour Jesus Christ for His endless love in our lives today.

Love from Edwina and Richard

29<sup>th</sup> May 2020

It has been a glorious day. Wall to wall blue sky and a soft wind. It brings hope which I always feel when the weather is kind. "Hope springs eternal in the human breast" is a line from a poem by Alexander Pope. Hope is something that we really need in these very troubled times. In the news today we hear that we can begin some social interaction with non related families as long as we are careful. We look forward to seeing you all at a distance of 2 metres in our significantly large garden. We look forward to seeing you all face to face and not just on the phone. Isolation is not easy to cope with, but I believe everyone has played a part in making it more bearable with the support our local shops and the coming together of our communities. I think we have all learnt some very important lessons in our ability to live in very different times – lessons I hope we will never forget. I leave you with this verse from Romans Chapter 15 verse 13.

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Good night, God Bless you all  
Love Edwina and Richard

30<sup>th</sup> May 2020

I sit in my study which faces the road. Traffic comes literally racing by despite the posted speed limit of 40 mph. What is their hurry. Does it actually matter if you get there sooner or later. Or are they racing by in order to thrust aside other cares in their lives. The race to have enjoyment without understanding what is, the root of contentment in our lives. Experiences come and go in the blink of an eye and it seems to me that people are always in a hurry to the next pleasure, food or shopping or whatever. Do they ever pause and reflect what is really important. Seeing the cars race by makes me think that they are in an almost race to cram in as much as they can in the shortest possible time without understanding what is really important. We never seem to stand and still and take delight in the actual moment. I am I have to confess equally guilty in rushing around to fill the day. That great American theologian Dallas Willard said "hurry is the enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life". I do try to do this but often fail which does not matter as long as I try again.

Take time out to pause, think and reflect on this psalm  
Psalm 46:10

Be still, and know that I am God! I will be honoured d by every nation. I will be honoured throughout the world."

We have all been in lockdown for about 10 weeks. I pray we will all take time to really savour the things we can do now. Pause, think, reflect, slow down and smell the roses

Loads of Love Edwina and Richard

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31<sup>st</sup> May 2020

Another lovely day. We cooked a whole chicken on the BBQ!. Tomorrow promises to be a different sort of day. We might call it face to face Monday as we are now allowed to have contact with non family members. We have to meet outside and maintain the right distance but to see our good friends again, to see their faces will be a wonderful thing. In this lockdown we have had to rely on email, WhatApps and other media to keep in touch. It's good that we have but it's not the same as visual, live face to face contact. The see expressions, of eye contact, live and in technicolour. It will be like going from black and white film to full colour. Today is Pentecost Sunday, the day when the disciples were empowered with the Holy Spirit and go out into the world to preach the Good News of the Resurrection of Jesus Christ. The really stunning fact is that the disciples were the last human beings to actually be face to face with Jesus. No living human being has seen him since.

The gospel of St John Chapter 14 says this.

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me. <sup>7</sup>If you had really known me, you would know who my Father is. From now on, you do know him and have **seen** him!"

No living human being has seen Jesus for over 2000 years yet millions including Edwina and myself believe in Him. Such is faith.

I think that this lockdown has taught us to trust our friends even though we cannot see them. That is also faith. I think we have all learnt something new that will help us as we try to emerge into some kind of normal living whatever that may be

Every blessing this night  
Love Edwina and Richard

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1<sup>st</sup> June 2020

Another glorious day is coming to a close. A day that is gone and never can be repeated and I wonder if we managed to live every moment. This is a quote from the Northumbria Community morning prayer today. “Live from day to day, just from day to day. If you do so, you worry less and live more richly. If you let yourself be absorbed completely, if you surrender completely to the moments as they pass, you live more richly those moments.

We all worry about the things that are going on in our world but does worrying get us anywhere. I have to say I am a glass half empty person whilst Edwina is a glass half full person and I think Edwina is right. This passage highlights the point.

Matthew 6:25-34

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?

“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

I would really like to stop worrying as I sure you all do. Trust in Christ is the answer though I know it can sometimes be very hard to do

God Bless

Edwina and Richard

2<sup>nd</sup> June 2020

Tonight things are a little different. We are allowed to meet with friends and family that are local to us. We can meet face to face. See eyes and the love they hold. It is quite wonderful.

I have been reflecting on the last two months. I have sent some 60 messages totalling some 11500 words. Thank you for reading them all. It has been a great joy and privilege to write these evening messages. Many of you know that of a recent problem that Edwina had and that problem has been resolved with a scan. It may seem daft to be pleased that it was a DVT but we are incredibly grateful that it was not a spread of the cancer. After all the events of the past few days I just want to say thank you for all your support and love. Tonight I simply say “may the love of our Lord Jesus Christ be with you this night and evermore”. I am this night out of words yet my heart is full of love

Every blessing

Edwina and Richard

3<sup>rd</sup> June 2020

The weather has changed from bright warm sunshine into altogether more unsettled conditions and life is like that. I often think of a river where there are tranquil reaches, into a more, lively current and then without warning into raging torrents and waterfalls. In these times we all need to have a rock to cling to and that rock is our Lord Jesus Christ. He is always there, unchanging, ever forgiving and with a depth of love that is amazing. A friend of mine described God as vast as the ocean yet if we take a tiny cup out of the ocean and hold it to ourselves we are still part of the ocean – we are still part of the love that God has for us. All of us need a solid anchor to our lives, maybe through family and friends but sometimes there is a need for granite, a solid rock that we can cling to in times of trouble, a rock that is constant, always forgiving and always there.

Every blessing to you tonight

Love Edwina and Richard

4<sup>th</sup> June 2020

Many of you know that Edwina was taken to Bronglais in the early hours of this morning. I was called by the consultant at about 1030 to get there asap and I feared the worst. The day progressed and this evening Edwina phoned me on her mobile. It was so wonderful to talk to her. She had a scan this afternoon which did not show any haemorrhaging She is still on a blood transfusion but although not out of the woods yet there are positive signs. The fact she phoned me on her mobile (which normally gathers dust in her handbag) is a good sign in itself. I am reminded tonight of psalm 23 A psalm of David.

<sup>1</sup>The Lord is my shepherd;

I have all that I need. He lets me rest in green meadows;

he leads me beside peaceful streams. He renews my strength.

He guides me along right paths, bringing honour to his name.

<sup>4</sup>Even when I walk through the darkest valley,

I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me.

<sup>5</sup>You prepare a feast for me in the presence of my enemies.

You honour me by anointing my head with oil. My cup overflows with blessings.

<sup>6</sup>Surely your goodness and unfailing love will pursue me

all the days of my life, and I will live in the house of the Lord

forever.

Edwina and I have been together for 47 years and there are more years to come through the Grace and Mercy of our Lord Jesus Christ

Thank you all for being such good friends

Love from herself and love from me

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6<sup>th</sup> June 2020

This evening Edwina is well on the road to recovery although the path to healing of her cancer remains unclear. For tonight let us all give thanks for this remarkable lady to whom I have had the privilege of being, married to for 47 years.

This meditation from the Northumbria Community seems particularly appropriate to the awful news from both sides of the pond.

When I look at the blood all I see is love, love, love.

When I stop at the cross I can see the love of God.

But I can't see competition. I can't see hierarchy.

I can't see pride or prejudice or the abuse of authority.

I can't see lust for power. I can't see manipulation.  
I can't see rage or anger or selfish ambition.

I can't see unforgiveness. I can't see hate or envy.  
I can't see stupid fighting or bitterness, or jealousy.  
I can't see empire building. I can't see self-importance.  
I can't see back-stabbing or vanity or arrogance.

I see surrender, sacrifice, salvation,  
humility, righteousness, faithfulness, grace, forgiveness,  
love! Love ... love...

When I stop! ... at the cross  
I can see the love of God.

*Godfrey Birtill*

*The world needs this healing*

7<sup>th</sup> June 2020

I visited Edwina today and she is fine to the extent that she has been moved from her own side room into a 4 bay area. They can only do this because she has made great progress. The down side is that I am no longer allowed to visit. I hope Edwina will be home again by the end of this week. When someone you love is in peril it focusses the mind and mine has been focussed, especially in the middle of the night with Jesus because He is the centre of our lives. Many people trust in wealth, possessions, power and their desire to be in complete control of everything. But that control is an illusion when compared to the finite nature of our lives here on Earth. We need to remain grounded in Christ because that is the very essence of our existence. In times like what Edwina and I have been going through I always turn to John 14

“Don't let your hearts be troubled. Trust in God, and trust also in me. <sup>2</sup>There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? <sup>3</sup>When everything is ready, I will come and get you, so that you will always be with me where I am. <sup>4</sup>And you know the way to where I am going.”

<sup>5</sup>“No, we don't know, Lord,” Thomas said. “We have no idea where you are going, so how can we know the way?”

<sup>6</sup>Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. <sup>7</sup>If you had really known me, you would know who my Father is. From now on, you do know him and have seen him!”

We both find this passage greatly comforting that our lives are in the hands of Christ

Lots of Love from herself and himself sometimes known as “The Grapefruits”

8<sup>th</sup> June 2020

Edwina is now so much better. She had a scan today and we await the results of that, but the fact that they could do a scan shows how much better Edwina is. The power of prayer should never be ignored. It is a very powerful and life giving. I know how many of you have been praying for Edwina and we are very grateful to you all.

Philippians 4:6 says

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

I have come to understand that prayer should not just be in an emergency but something we should do every day of our lives. Prayer enables us to unburden ourselves to Christ, to lighten us of all the "stuff" that we carry around. Prayer strengthens us all to face the demands of life today. So, tomorrow morning before you do anything else offer a prayer for the day, give all your tasks to Christ and ask for his help. Your day can be so much easier if you take time and a moment of quiet to bring your new day before the Lord and it will, if you let it bring a sense of peace and purpose to the day.

Every Blessing from Richard and the Lady Edwina!!!!

9<sup>th</sup> June 2020

I have been speaking with Edwina today a couple of times, the first on the matter of delivering clean pyjamas and the on the results of the scan. The first thing is that an unsuspected chest infection caused the crisis. The scan showed that the tumour showed a slight increase in size and Edwina is scheduled for two more chemo sessions. What Edwina made clear to me tonight is that the eventual outcome is not certain. We need all your thoughts and prayers if Edwina is going to pull through this. I hope she will be home on Friday. It is very hard for both of us not to be able to see each other.

Thank you all for your prayers and support.

Love from Edwina and Richard

10<sup>th</sup> June 2020

I had a good chat with Edwina today and then I phoned the ward later to talk to the staff nurse looking after Edwina. I made it clear that Edwina and I expected her home soon. They were hedging their bets as Edwina was still on an IV antibiotic drip which should end tomorrow. Edwina is due more chemo next week and I said it would be very good if she could come home before this. I am hopeful that they have listened and Edwina might get home on Saturday. It is very hard when you cannot visit your loved one when they are in hospital and my heart goes out to all those who have lost someone without the ability to be there when they are leaving this world. Edwina remains very positive and so am I.

This reading I feel helps at such moments:

John 14:27

<sup>27</sup> "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

We have been together for 47 years and with the Grace of Christ we will have more time together.

Love to you all from the Lady Edwina and her consort Richard

11<sup>th</sup> June 2020

I had to do the clean pyjama run today and it is hard to arrive at Bronglais and have to handover the clean stuff, pick up the dirty stuff without seeing Edwina. On the drive home I was thinking about this and the realised that Edwina was in the best possible safe place for

her healing. I had been keen to get her home which is quite natural, but I had not given enough regard to the fact that until the medical team say it is safe to do so Edwina is better where she is.

This led me to think that in our lives our souls, the centre of our being, is safe in the hands of Christ Jesus. If we truly believe in that then we are safe. We were created to be in a relationship with our Creator God and in that relationship we are safe from all that life can throw at us.

This led me to think that in our lives our souls, the centre of our being, is safe in the hands of Christ Jesus. If we truly believe in that then we are safe. We were created to be in a relationship with our Creator God and in that relationship we are safe from all that life can throw at us.

Love from Edwina and Richard

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12<sup>th</sup> June 2020

I am finding that it is very easy to fear the worst outcome of any situation. It is easy to walk down a dark path and see no hope. Yet there is always hope even in the darkest times. These passages reflect that hope not fear.

Isaiah 41:10

<sup>10</sup> Don't be afraid, for I am with you.

Don't be discouraged, for I am your God.

I will strengthen you and help you.

I will hold you up with my victorious right hand.

2 Timothy 1:7

<sup>7</sup> For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Psalm 27

**A psalm of David.**

<sup>1</sup> The Lord is my light and my salvation—  
so why should I be afraid?

The Lord is my fortress, protecting me from danger,  
so why should I tremble?

Edwina is still in hospital and that is ok as she is getting the best care and treatment and she will come home. We both love and trust in our saviour Jesus Christ  
.....

13<sup>th</sup> June 2020

Today, I did the clean pyjama run. As you all know I have not been able to see Edwina since last Sunday. As I parked up today I heard this voice calling "I am up here". Edwina was at a window on the 3<sup>rd</sup> floor. The ward staff knowing I was doing a delivery moved Edwina closer to the window and we were able to see each other. We talked on the mobile phone but this time we could see each other. It was a truly brilliant moment. In that moment I believed Edwina would get better. The bible puts this with absolute clarity

## Hebrews 11:1 New Living Translation (NLT)

Faith shows the reality of what we hope for; it is the evidence of things we cannot see.

I could not see Edwina therefore I doubted if Edwina would get better. Our future remains uncertain but now I know we will be together soon. What bliss it is to believe without seeing. A lesson in life and in trusting in our saviour and redeemer Jesus Christ. Edwina and I with God's grace will be around for some time to come.

Every blessing from the lady Edwina and soulmate Richard

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14<sup>th</sup> June 2020

Edwina phoned me today at about 1630 and I asked her how she was doing. Edwina replied "wonderful". I always come back to a simple faith in Christ. And life in Christ is wonderful. A very short message but powerful. Soul enhancing and life giving. Bless you all this lovely sunny evening. Love Edwina and Richard  
.....

17<sup>th</sup> June 2020

Today has been a very long day. Edwina has been in hospital for 13 days and it is 10 days since I last spent time in her company. This experience has shown me how people who are alone in self isolation feel. It is not nice not to be able to have friends around to support oneself. It is hard. I have also learnt a lesson once again how important it is to trust in Christ, to turn to Him for our strength. I, through my army training have been taught to cope, to manage to sort things out. That is fine as it goes but our resources are finite and there comes a point when our souls are being starved of the renewal, refreshing, reviving and restoring of the Holy Spirit. I seem to have to learn that lesson over and over again. Maybe one day it will take root and I will finally surrender to Christ all my hope and fears. This passage says it all.

Matthew 11:28-30

<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

The Lady Edwina will be home either tomorrow or Thursday. It is brilliant.

Soul is a word that has been around for centuries. It is still mentioned in manifest of ships or aeroplanes. How many souls on board? Soul is the centre of our being and it enables us to be kind, compassionate and caring for others. When a priest is ordained the priest is charged with the "cure of souls" which actually means 'care of souls'. I have over the last 14 days become acutely aware that if my soul is not fed then my whole internal structure suffers. We can become worn down and struggle with everyday challenges. This quote is from the great American theologian Dallas Willard.

"Our soul is like a stream of water, which gives strength, direction and harmony to every other area of our life. When the stream is as it should be, we are constantly refreshed and exuberant in all we do because our soul itself is the profusely rooted in the vastness of God and His kingdom, including nature: and all else within us is enlivened and directed by that stream.

Therefore, we are in harmony with God, reality and the rest of human nature and nature at large.”

Soul is the part of us that integrates, body, mind and will. My hall clock only works if the various chimes are all wound up and working. It then works in harmony with all its clockwork parts and the various chimes sound at the right times. We need to be in harmony with our souls to live the life that Christ wants for us. To put it in computer terms your Soul is the operating system of your life. I leave you with this quote from Matthew 16:26

“And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?”

Finally, the Lady Edwina returns home tomorrow. Thanks be to God

Love from us both, may your souls have a peaceful night

18<sup>th</sup> June 2020

Edwina came home today and we both want to say a massive ‘thank you’ for all your support and prayers. It is utterly wonderful to be home together once more. Life can give you some really serious challenges and we have been through one. Thanks to all of you. Often we learn through trials and tribulations and I think we have learnt how adversity can make you stronger if you keep the faith.

I leave the last word to Christ

Ephesians 5:20

And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

Every blessing from the reunited ‘Grapefruits’

19<sup>th</sup> June 2020

We have been through tough times but so have many other people especially those who have lost loved ones whilst not being able to be with them in their last hours. We are now home together and are very thankful for that. It is so soul enhancing to come through an experience such as we have had. We are so grateful to have such wonderful friends to see us through this time of trial and uncertainty and it is also so comforting to know that you are all with us as Edwina re-starts her chemo next week. We feel very blessed to be part of this community of WI and our church. I leave the last word to scripture.

Philippians 4:13

For I can do everything through Christ, who gives me strength.

May the Lord Bless you all

Love Edwina and Richard

21<sup>st</sup> June 2020

We are loving being home together but we are also aware that it will take time to return to ‘normal life’. When you have been through really difficult times, as we know many of you have, there is a period of re-adjustment as you come to terms with all that has gone on. It can also be a great time of thankfulness and giving thanks

Our faith is of great comfort but so is also your love and support. Thank you all. A last word from scripture.

2 Timothy 1:7

<sup>7</sup>For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Live life with love

Goodnight from Edwina and Richard

Today has been a good day. A day of rest, of being together and taking things easy. We know we face other challenges but for the moment we are content. In this world especially at the moment there are many trials, challenges, and difficulties. All you need to do is watch the news. However there are some comforting words from John

John 16:33

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

Christ is the light that consumes darkness.

Rest well and Love from the Lady Edwina and her husband, chef, cleaner, driver and all other things.

22<sup>nd</sup> June 2020

Well we have cleared one hurdle and we are both ok. It has been a tough two weeks and Chemo starts again on Wednesday and we hope and pray for a good outcome. We are both learning new lessons in ‘taking it easy’. We are also very grateful for all your love and support as we move forward in the quest for healing. Scripture has a way of saying things

Romans 15:13

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

The Peace of the Lord be with you tonight

Lots of Love Edwina and Richard

27<sup>th</sup> June 2020

Life throws at us expected challenges, a change of direction that was totally unexpected and it leaves a sense of ‘where is life leading me” Edwina and I have been through this since her first diagnosis of cancer in early 2019 and in her recent health crisis. I found that in today’s Northumbria prayer community morning prayer this meditation that seems to me to encapsulate us and all the world is going through this virus pandemic

My Lord God,

I have no idea where I am going. I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think that I am following Your will does not mean that I am actually doing so.

But I believe that the desire to please You does in fact please You.  
And I hope that I have that desire in all that I am doing.

And I know that if I do this, You will lead me by the right road  
although I may know nothing about it.

Therefore will I trust You always, though I may seem to be lost  
and in the shadow of death,  
I will not fear, for You are ever with me, and will never leave me  
to face my perils alone.

*Thomas Merton*

Every blessing

Richard and Edwina

.....  
30<sup>th</sup> June 2020

The word 'restored' has been in my mind this evening. It is a word that I think will become very common as peoples lives, so severely disrupted will over time become 'restored' to something approaching normality though what that 'normality' will be no one knows yet. I think there is a drive to do things that appear 'normal' hence the scenes at Bournemouth. In their desire to do something that appears 'normal' all restraint is cast aside and it is not a pretty sight.

Edwina and I have returned to something more like our lives before Edwina went into hospital – a return to a more normal existence though that 'normality' can change from day to day. I found this reading in scripture today that seems very in tune in what we are all going through.

1 Peter 5:10

<sup>10</sup>In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

In this time of disruption, change and uncertainty we are never alone, Christ is always with us

God Bless and Goodnight from Edwina and Richard  
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2<sup>nd</sup> July 2020

Human frailty is something the whole world is learning about through the Covid 19 pandemic.

We live our lives day by day in what seems a perfectly satisfactory way, everything is in place from work to holidays, through Easter and Christmas and then something comes along that totally disrupts lives and reminds us all how actually frail as human beings we are. It is very easy to feel that we are indestructible. Many go to gyms, work out, eat healthfully, have a career with future plans and that enables the individual to feel in control of their destiny. Recent events show how much of an illusion that sense of control is. We are at the moment in a sea of uncertainty with no safe shore in sight. At times like these I turn to scripture which

has been around for a very long time and my thoughts turn to psalm 139. Here we are reminded that we are God's creation and that He knows us. He knows everything we do and we are safe in His hands

#### Psalm 139

<sup>1</sup> O Lord, you have examined my heart and know everything about me.  
<sup>2</sup> You know when I sit down or stand up. You know my thoughts even when I'm far away.  
<sup>3</sup> You see me when I travel and when I rest at home. You know everything I do.  
<sup>4</sup> You know what I am going to say even before I say it, Lord.  
<sup>5</sup> You go before me and follow me. You place your hand of blessing on my head.  
<sup>6</sup> Such knowledge is too wonderful for me, too great for me to understand!  
<sup>7</sup> I can never escape from your Spirit! I can never get away from your presence!  
<sup>8</sup> If I go up to heaven, you are there; if I go down to the grave, you are there.  
<sup>9</sup> If I ride the wings of the morning, if I dwell by the farthest oceans,  
<sup>10</sup> even there your hand will guide me, and your strength will support me.  
<sup>11</sup> I could ask the darkness to hide me and the light around me to become night—  
<sup>12</sup> but even in darkness I cannot hide from you.  
 To you the night shines as bright as day. Darkness and light are the same to you.  
<sup>13</sup> You made all the delicate, inner parts of my body and knit me together in my mother's womb.  
<sup>14</sup> Thank you for making me so wonderfully complex! Your workmanship is marvellous—how well I know it.  
<sup>15</sup> You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb.  
<sup>16</sup> You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

In the sea of uncertainty take heart the God knows and loves you  
 Good night God bless from Richard and Edwina

.....

5<sup>th</sup> July 2020

Is this really mid summer? The longest day has passed and it is wet, cold and fairly miserable and we lit our wood burner this evening. It can wear us down and our souls are like that if we go without 'soul' food. We have food that nourishes our bodies and food that nourishes our souls and we need to keep our souls well fed in order to cope with all that life throws at us and many of us have been and still are going through times of poor health and troubles which drain us and we need to renew, refresh, restore and revive our inner spirit.

We are in difficult times and we need to go back to basics and trust that all will be well. This passage is about that.

**James 1:2-7** Faith and Endurance

<sup>2</sup> Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. <sup>3</sup> For you know that when your faith is tested, your endurance has a chance to grow. <sup>4</sup> So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

<sup>5</sup> If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. <sup>6</sup> But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

I have always felt that as Christians it is easy to drift along when things are going well but it is in times of trouble that we learn to trust in Jesus and grow as human beings and as human beings we are also His children and He has us in His heart. The weather may be miserable but if our trust is in Christ then the sun shines in our hearts and all is well.

Love from Edwina and Richard

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9<sup>th</sup> July 2020

There are days that come along where everything seems a challenge. Days when nothing runs smoothly. Days when we hear bad news about people who matter to us. Days when all the news on TV seems very negative. In these times we live in with the virus and when we hear that Leicester is going back into lockdown we can wonder if life will ever get back to being like it was before. I have no doubt that we are all concerned about what will happen when the holiday parks re-open. It is a time of worry, a time of unease, a time when we all wonder if our lives here in Ceredigion will ever return to the normality that existed before the virus struck. I believe that life can only truly be lived in the moment, not looking back, not looking forward just in the here and now. If we do that then regrets about the past and anxieties about the future will fade away leaving us free to be in the present. Every minute we live is unique and can never be repeated, every minute we live is precious, every minute we live is a gift, every minute we live is a minute to be savoured, to relish and to give thanks for.

Philippians 4:6-7 says:

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

If we come to the foot of the cross, look up and give all our cares to Jesus He will enable us to walk away with lighter burdens. It may take several visits, but in the end He will take our burdens from us and then we will know the peace that only Christ can give us. A peace that goes beyond all human understanding.

May that peace be with you all tonight.

Love Edwina and Richard  
.....

11<sup>th</sup> July 2020

Tonight I thought I would share two things. The first is that looking back I have written something like 90 posts amounting to 17,000 words or 28 pages of A4 paper. It might be more as the early ones I wrote direct into WhatsApp and were not saved. Somehow time has slid by. The second is simply this: sometimes our minds are not focussed on things that we are actually doing but on something else. This evening we had lasagne for supper and I made the cheese sauce. Sometime later Edwina said where is the tub of flora light you used. I looked in the fridge, both of them in fact. And there was no sign of the tub of flora. I found it finally in the microwave!!!!!!

We all worry about things and that worry can distract us from what we are doing. Worry is a very normal emotion but also one that serves no real purpose. It can absorb our energies, wear us down and I have to confess that I have been there, got the T shirt and realised how debilitating worry can be.

Matthew 6:34 says

<sup>34</sup>“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

There is a deep sense in this for if we can truly just be in the moment and leave tomorrow until it comes we will have a much more peaceful sleep. Tomorrow will bring what tomorrow brings. In the meantime enjoy the peace of the moment, that time that I love of the quiet of the evening, the sense of peace, the peace that passes all understanding when all things come together in the Love of Christ for His love is endless for each and everyone of us.

God Bless

Edwina and Richard

12<sup>th</sup> July 2020

Sometimes little events can teach great things and today I saw that in action. We had in our freezer two pork joints, one leg, one shoulder They had been there for some considerable time. I got out the shoulder, defrosted it, boned it, rolled it and today I cooked it in our BBQ. I did this for the extra flavour. It cooked beautifully, I got it out and carved it and we sat down to eat it and it was absolutely awful. You see it had been too long in the freezer and it had lost all its flavour and goodness. This set me thinking and posed a question. “Do we hang onto things from the past, things that hurt us, things that caused us pain or do we let them go. To live life fully we need to let go of the past, forgive those who caused us pain and forgive ourselves as we tend to be very hard on ourselves and just live in the moment, in that moment that Christ has given us. In that moment we can find forgiveness and peace. Do not hold onto things in your personal hurt freezer, let them go and healing will follow.

Colossians 3:13

<sup>13</sup>Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

May you all find forgiveness and peace tonight

Love from the Grapefruits

p.s. the pork leg that is left in the freezer will be binned at some future point

13<sup>th</sup> July 2020

Life can give you a kick in the teeth. A setback that you were not expecting and such it is with Edwina and myself this evening. However, some good things can happen as a result. We have both realised that in Bronglais, Edwina is in the best place to get the treatment she needs and we are both praying for patience, so that when she returns home she will be really well. Patience is something that I am not good at. It is the one fruit of the Holy Spirit I struggle with. I tend to be a human doing not a human being. I think we all need to take time out, to stop doing things, and give time to be quiet, to listen and to calm down all those busy voices which say we must to this or that. The frustrating thing right now is that I cannot see Edwina and she cannot see me. I am learning (slowly) that this is not that important. What is important is that Edwina is in a place where she is getting the best treatment and I am at home, alone yet not really alone. Edwina is always in my heart and Christ is in both of us so that we may come to sleep in the peace that only Christ can bring.

Isaiah 41:10 says

<sup>10</sup> Don't be afraid, for I am with you. Don't be discouraged, for I am your God.  
I will strengthen you and help you. I will hold you up with my victorious right hand.  
God bless and goodnight from  
The Grapefruits

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15<sup>th</sup> July 2020

Sometimes there are moments that happen in our lives that really show us how Christ is in there with us. I have become acutely aware in the last few days how true this is. In my prayers in the middle of the night when I have been awake and all is quiet then I feel the very presence of our Lord and in that knowledge comes the thought that everything will in the end be fine. It is simply a matter of trust – and sometimes that is very hard to do but to give that trust is so vital to our wellbeing  
Love from Edwina and Richard

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17<sup>th</sup> July

Today has been a good day. Edwina is home and looking and feeling well. We had a good and very positive telephone consult with the oncologist today which has given us great encouragement for the future. The latest scans show an improvement. Cancer is an awful word but we are learning to live with it and with the help of the staff of Bronglais to be able to manage it for a long time to come.

What is clear to both of us is that we have no idea where life will lead us, its ups and downs, twists and turns, good one minute bad the next. What sustains Edwina and myself is our love and also our love for Christ. John 14 seems very appropriate tonight

### **Jesus, the Way to the Father**

**14** “Don't let your hearts be troubled. Trust in God, and trust also in me. <sup>2</sup> There is more than enough room in my Father's home.<sup>[a]</sup> If this were not so, would I have told you that I am going to prepare a place for you?<sup>[b]</sup> <sup>3</sup> When everything is ready, I will come and get you, so that you will always be with me where I am. <sup>4</sup> And you know the way to where I am going.”

<sup>5</sup> “No, we don't know, Lord,” Thomas said. “We have no idea where you are going, so how can we know the way?”

<sup>6</sup> Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. <sup>7</sup> If you had really known me, you would know who my Father is.<sup>[c]</sup> From now on, you do know him and have seen him!”

