

VIEW FROM THE HEIGHTS
January 2021

Greetings,

A online clothes shop is offering a discount with the code, "Bye Bye 20"! I'm sure we can all relate! Even if we're not planning to purchase a new outfit, the company's marketing strategy is compelling.

Few people will be sorry to see the back of 2020. The losses... the anxieties ... the disruptions... the disagreements and conflicts. Beyond the pandemic and the political malaises, many of us have experienced personal stresses and struggles. "Can this year get any worse?" has become an all too common refrain.

It is tempting to slam the door shut on 2020 and not look back. Bereavement therapists would urge a different approach. Mourning a dreadful year is very similar to grieving a difficult relationship. The good AND the bad must be confronted and dealt with if we're to journey onwards healthily.

To foster wellbeing, the good and the bad of the past twelvemonth should be pondered and processed. Take the time to grieve: the death of a loved one; the closure of a favourite haunt; the loss of church as we've always known it. And more ...

Then, reflect on the good things that this year has brought: Zooming distant friends; discovering local walks; attending worship services in multiple churches via the internet. And many more ...

Don't do your reviewing and reflecting alone - invite God to join you. Look for his presence during your times of sorrow - and in your moments of joy. God will comfort you in your losses. He will inspire you to build upon the new and the good. The Holy One will provide the wisdom and strength needed to make the most of 2021. Beginning with a Covid vaccine!

Wishing you a 2021 filled with blessings,

Brenda