

Time to stand and stare

Walking beside the river one afternoon, I found particularly soothing and reviving.

Watching the so-powerful, ever-changing, constantly replenishing flow of water tumbling around the stepping stones.

Jesus said: 'Come unto me, all you that labour, and are burdened, and I will refresh you.'

The natural world is full of glimpses of the divine, which can help us gain a fresh perspective on our lives.

*A field of buttercups,
raindrops on a spider's web,
sunlight on young beech leaves,
the flow of a river.*

*We only need to give time
to stand and stare.*

Okehampton Times – Reflections: 5 June 2008

By Jenny Hayes