

# St David's Messenger

OCTOBER 2011

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## Living in the 'Now'

Have you ever tried to be quiet – I mean really quiet where you just sit and try not to think? Why not try it now for a minute or two, simply observing what happens? Give it a go!

I suspect if you are honest with yourself you will admit to finding it hard to stop your mind from working. If you go on to examine those thoughts more closely most of them will have been centred either around past events or things in the future, whether that is things to be done or your hopes for better times. There is nothing strange about that, it is how we prefer to operate as human beings. There are reasons why we do this, but whatever the reasons their effect of thinking about past or future deny us one thing - and that is fully experiencing the 'now'.

Have you ever been somewhere where the view is spectacular only to find yourself standing in awe and wonder? At that moment you were living the 'now' past was forgotten, the future put to one side and your senses heightened enabling you to fully enjoy what is around you. For most of us those moments are all too rare, but they can be cultivated. The Zen Buddhists have a term for such living, they call it 'Mindfulness'. However, the idea of mindfulness can also be found in ancient Christianity and is also used by modern-day psychologists. So what is 'mindfulness'? Well, it means being completely in touch and aware of the present moment – simply experiencing it without any sort of judgement.

There are a number of practises that help us cultivate mindfulness but here is a simple

one to get you started. Sit or stand, close your eyes and take four or five deep breaths. Then continue to breathe saying to yourself these words. "I breathe in to calm my body – I breathe out and smile – Living in the present moment, I know it is a wonderful moment." Do this a few times a day, and do smile!

Does it work? Well I've been practising for a while. In the summer I do a lot of motorway travel and I usually get very upset if there is a hold-up. On the last occasion we met the mother of all hold-ups and I remembered my practise. I turned off the engine, took my breaths and said my words before looking round me and enjoying the 'now.' I was actually a little saddened when we got going again!

Of course, another good reason for mindfulness and living in the now is that it is the place where we can really experience God. God's name in the Old Testament is I AM, not I WAS or I WILL BE. God is not found in the past, nor in the future but in the 'now'. The Apostle Paul wrote "now is the acceptable time; see, now is

the day of salvation!" Jesus began his ministry by saying "The Kingdom of God is at hand." In the original Aramaic (the language Jesus spoke) 'at hand' meant "here now, ready to get hold of." As we focus our attention on the 'now' and, even if for a brief moment, put aside past and future, God is able to speak as a 'still small voice'. For God is eternal and the only place eternity and time meet is now.

But you don't have to be a Christian, or even religious, to benefit. People who focus 'on the now' soon find that many of the stresses and strains of life take on a different perspective, The hurts of the past become less sharp and, while we still have fears or dreams for the future, they trouble us less. I ask you to give it a go.

It is surprising who practises needfulness. To close here are some wise words from Oprah Winfrey *"Living in the moment means letting go of the past and not waiting for the future. It means living your life consciously, aware that each moment you breathe is a gift."*

Every Blessing, Dave Chambers.

### *GIFT DAY*

***SATURDAY - 22ND OCTOBER 11AM—3.00PM***

**Please can you help us raise the money we need to repair the Gladstone Hall roof.**

The Church will be open for you to bring your gift along, view Wedding and Baptism Registers and to have a wander round, perhaps discover more about your local church.

Come and join us for a cup of tea and a chat.

If you are unable to come along on the day but would like to help us you can drop the envelope in at the vicarage next door to the church

**H**i kids! Welcome to your corner of the St David's Messenger for our chat, prayer and puzzle.

If this month your birthday's due,  
Then birthday happiness we wish to you.

If you're unwell and feeling sickly,  
Then we hope and pray you'll get well quickly.

And if you're new to St David's Messenger,

Welcome, please stay with us forever.

Hi Little Jim!

(Little Jim—"Hello Brian, I think I know what we'll be talking about this month. It's October, so it's Harvest time!")

That's right, Little Jim! You can read your poem out now.

(Little Jim—"Thank you, Brian. It is called God's Goodness.

He looks after our food from off the land,

Our food from the deepest sea.

He looks after the people who bring it to us,

And looks after both you and me.

We should pray for those who harvest our food,

And for those who cook and prepare

So remember Mum in the kitchen,

Say a prayer and don't forget her."

That was a lovely poem, Little Jim. Well done!

(Little Jim—"Brian is going to read his poem below.")

### **"My Sharing and Caring Plastic Bag"**

In my plastic, supermarket bag,  
I've got sardines from the sea.

I've got two blocks of cheese made from fresh cows milk,

And honey in a jar from the bee.

I've got carrots and potatoes too,

And apples numbering four.

A turnip and a melon sweet,

Oh, I wish I could afford more.

I'm going to church to empty my bag,

And lay it with the rest,

Of the Harvest Fayre brought in by folk,

Which by our God is blessed.

The Harvest will go to the sick and lonely,

And to the needy and old.

It will all be shared with our neighbours,

Just as Jesus Christ has told.

### **Prayer**

Thank you God for making this world,  
And thanks for food to eat.

Thank you God for making me.

All things you've done are great! Amen.

### **Puzzle**

Last month's answers:-

#### 5 buildings

- 1 BUN-GAL-OW    2 TOW-ER  
3 HO-USE        4 OFF-ICE-BLOCK  
5 LIGHT-HOUSE

#### 5 flowers

- 1 SNOW-DROP    2 CROC-US  
3 WATER-LILY   4 HYA-CINTH  
5 CAR-NATION

Find the following words in the letter square. When you have, you will have 15 letters over to form two words which together make the name of a service of thanksgiving this month.

DUCK, APPLE, NIGHTS, SAINTS,  
CANDLE, PUMPKIN.

N I K P M U P  
S E S K C U D  
T L A H E A R  
H D I V L E S  
G N N T P F E  
I A T S P T I  
N C S V A A L

Well that's all for now! See you next month. Take Care. Brian.

## **SERVICE TIMES AT ST DAVID'S**

### **Sunday**

8.00 am Holy Communion

10.30 am Sung Eucharist

### *Except*

**9th October 2011**

**@10.30am**

**Harvest Festival**

**&**

Family/Parade Service

11.30 am Holy Communion

**Wednesday**

7.30 pm Holy Communion

## **WHAT'S ON IN THE GLADSTONE HALL**

### MONDAYS

### **AGE CONCERN LUNCH CLUB**

12noon. Phone 228 6881 to enquire.

Everyone over 60 welcome!

### **HELEN O'GRADY DRAMA ACADEMY**

4.00 pm. For age 5+. For further details phone 482 0443.

### TUESDAYS

### **GLADSTONE BABE AND TODDLERS PLAYGROUP**

1.30pm to 3.00pm during school term time. Children, bring your carers along for a cuppa, whilst you play with our toys.

### **VESTRY HOUR**

6.00-7.00 pm in Parish Office, Gladstone Hall. A member of clergy will be available.

### **KEEP-FIT**

6pm to 7pm. Come along for an hour of gentle exercise to music.

### **YOGA**

7.30-8.30pm. Cost £5—Please bring a mat and bottle of water.

### WEDNESDAYS

### **HATHA YOGA**

9.30-10.45am—Level suitable for all abilities. Cost £5 Phone Wendy on 07749 503855,

e-mail [moran86@btinternet.com](mailto:moran86@btinternet.com).

### **JUMPING JACKS**

12.30-1.30pm,

### THURSDAYS

### **MUSICAL MINIS**

(For under 5's)

9.45-10.30am, Please phone Cathie for details 486 4735 or see [www.musicalminis.co.uk](http://www.musicalminis.co.uk)

### **CHILDWALL WARD COUNCILLORS SURGERY**

11.30am-12.30pm—(1st Thursday every month).

### FRIDAYS

### **ZUMBA**

6.00-7.00pm. Cost £3.50. Don't forget your water bottle!

### **Advance Notice**

St David's Christmas Fayre will be on Saturday 26th November