

THOUGHT FOR THE DAY: Wednesday 15th February 2023

By Revd Kit Gunasekera

A Spacious Silence - by *Julian Pursehouse*

Our hearts yearn for a spacious silence,
where there is freedom to roam
and open space for wonder.

It is not ours to seek and grasp,
but always a capacious gift
from just beyond the veil.

In this far country no words are required,
no parade of good intentions
but only the willingness to abide.

We are enfolded by the delicate fronds of love
and your whispering peace
fills the gentle hollowing of our hearts.

This sweet trespass of momentary grace –
so easily fractured by anxious thought
and world-wearying grief.

For this golden speck of eternity
we breathe and pray,
not knowing when we'll be back this way.

Julian Pursehouse, East Anglia District Chair, Methodist Church

Of course this spacious silence in our hearts can be encountered anywhere, indoors or outdoors, it is a matter of tuning in and staying tuned in. However, going to an actual place can also be very helpful. It got me thinking that some places Jill and I visit, such as Richmond Park, Battersea Park, Greenwich, Wisely, St James Park and also West Wittering beach, often helps me to lay aside my anxiety and feel the closeness of God. Similarly our garden and one of the rooms in our home where I go to pray, can provide a similar space. And sometimes not!

What are the places and times when you feel closest to God and His love and peace?
And how often can we get there?