

THOUGHT FOR THE DAY: Friday 2nd June 2023

Healing Nature

By Revd Kit Gunasekera

"We continue onwards, mindfully - and passing through a wooden gate, we head out along a quintessentially may-lined Hampshire lane, not a car in sight today, before turning right along a rutted track which leads us into a woodland. Sunlight filters through on to the floor of a clearing, where we pause to experience the sheer volume of birdsong - a truly hypnotic uplifting cacophony. No wonder doctors are beginning to 'prescribe' nature! In fact, a recent major study (reported in the Guardian newspaper) has concluded that it takes just two cumulative hours a week of being within nature, whether in a park, or in the woods, or at a beach, to make a significant positive impact on humans emotionally, physically and psychologically. it is predicted that before long, two hours in nature will join the five-a-day fruit and veg and the 150 mins of exercise a week, as official health advice"

- Brian Draper and Howard Green in Soulful Nature

Jesus spent a lot of time in nature and spoke about it often. The bible says that He will not break a bruised reed. That may be a spiritual reference but I think it also reflects his way with nature. We must make sure that we as humans do not break, this amazing, healing, God given restorative gift that is nature.

I am so grateful for our lovely church garden and all those who help to maintain it. It is a major way in which we reach out to our community with God's love.