

## **Thought for the day – Tuesday 22<sup>nd</sup> March 2022**

**By Revd Kit Gunasekera**

### **Joyce**

It was lovely to celebrate with Joyce, her 100th birthday yesterday. She looked so happy, and through the planning and hard work of her primary care givers and the care home, it was a really lovely occasion. The dining room was beautifully decorated with balloons and banners, we enjoyed a delicious afternoon tea, Joyce enjoyed the card from St James very much and everyone enjoyed looking through the photos. Her proudest moment, was when she was handed a special card from the Queen, which Joyce read with intense concentration and focus, and took her time doing so!

A 100 years! Its an amazing journey. With power to add!

As it says in Psalm 118:24 "This is the day the Lord has made, We will rejoice and be glad in it"

Joyce is a true inspiration of navigating the varied experiences that life throws at you. No doubt she has seen many things in life. She is someone who has a great deal of joy in her, and someone who is ready to laugh! She has lived through the entire Second World War as an adult, volunteering in the fire service. We are reminded of another war raging, where childrens hospitals are bombed and some new borns don't live beyond a few days. It's a reminder that life is precious, and unpredictable, inexplicable and beyond our control, and those of us fortunate enough to wake up in the morning, it's also a reminder to make the most of each day we have.

To rejoice and be glad in this day, means not taking our days for granted, it includes enjoying the people and the things in life that brings us joy, and sharing what we have to help those in less fortunate circumstances.