

Thought for the day – Friday 8th September 2023

By Rev Kit Gunasekera

Slow down

Jill and I had a lovely trip, through the New Forest, the other day. As we enjoyed the beautiful scenery, we had many encounters with ponies, donkeys and horses! We loved the way they 'owned' the roads, and very much were at home. As they stood in the middle of the road, sometimes not moving for several minutes, vehicles had no choice but to slow down, indeed, to wait, and in the waiting was so much joy to experience.

The last two and a half weeks have been a time for Jill and I to slow down a bit. Life can feel like it's going at a frenetic pace sometimes. Most of the time that feels like 'normal', the way it should be, until we get the chance to slow down, and then that feels like how it should be. It's quite the contrast! Most of the time we might not have much of a choice, but it's worth taking another look if we can, and to ask our selves if we can't slow down a bit even when busy. To take a bit longer to appreciate things. To imbibe the gift of nature a bit more. To go to a different place for the afternoon or for an hour. To be surprised by joy.

