

## **THOUGHT FOR THE DAY: Wednesday 22<sup>nd</sup> February 2023**

**By Revd Kit Gunasekera**

### **Mortal Breath**

Today is Ash Wednesday, and the start of Lent.

A time to prepare for the momentous events of Easter, through self examination, study and prayer.

Traditionally people have given something up to help them do that.  
Or taken something up.

Its a time to be reminded of our mortality

We have all been reminded of our mortality recently, specially the disaster in Turkey and Syria and the sad death of Nicola Bulley.

Lives cut short.

Seemingly randomly, although the evidence suggests that poorly constructed buildings contributed to the mass death toll, and we are awaiting to find out what happened to Ms Bulley. However, they were sudden, unexpected deaths. It could happen to anyone.

How do we respond in the face of such inevitable terrible randomness?

We have the hope of the Resurrection.

And it can be helpful to be reminded that although we are mortal in this life, we do have the gift of this day.

But if we strip it all down to the main thing.

Its not even this day - its this hour - not even this hour - this minute - not even this minute - this breath.

We do have the gift of this breath.

Life happens as we take this breath.

Its what I say in this text I write as I take this breath. Its how I respond to this email, as I take this breath. It is paying attention to the person I am speaking with as I take this breath. It is receiving the gift of nature while I walk as I take this breath.

Of course the past affects us and we think about the future.

But may it not overwhelm the gift of this breath. And all its possibilities.

The words as Ashes are put on our foreheads come to mind.

"Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ"