



Opportunities

The Ancient Sorrow Lenten Prayer Day 2 April 2022

[Sign up](#) for this day relating to living in a time of destruction and sorrow in our world, organised by the Ignatian Spirituality Centre, Glasgow.



Helping Children Process the News

If you have children or grand children you may find [this article](#) by Parenting for Faith helpful.



Wellbeing in a Time of Uncertainty 29 March 2022

This [45 minute](#) talk will address how it is possible to flourish not just survive in tough times. Organised by St Paul's Cathedral, London, it will be available on catchup after the event.



Put your headphones on and listen to:
John Rutter's
[Prayer for Ukraine](#)

Listen to the beautiful soulful harmonies - where does God take you in your thoughts and prayer?

Finding a safe space

I wonder how many of you have been watching or listening to the news and wishing you could do something for at least one Ukranian person, or a Yemeni or Afghan? Or whether there is a person in need, or a cause closer to home, that pulls at your heart making you realise how well off you are?

In the season of Lent one thing we may be drawn to is doing something out of the ordinary for someone less fortunate than ourselves. This can take courage, involve us walking the way of the cross, but at the same time provide a safe space for others.

Jesus once said: "Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay his head" (Luke 9:58).

- I wonder how he felt to be on the road for the last three years of his life?
- I wonder what was going through his mind when he was far from home?
- I wonder what and who he missed from those first 30 years of security?
- I wonder how much he carried on his travels?
- I wonder what he felt when not invited in?
- I wonder how he showed his joy when he was given accommodation for a night?

Jesus also said: "When you do it for the least of these you do it for me." What a privilege.



Retreats and spiritual direction are safe places where people can "lay their head" temporarily. Someone who was on retreat recently said they were brought into a safe place through their time of reflection and prayer. This person doesn't have a permanent home but the safety found has been bigger than a physical place.

We can bring a rich gift of spiritual hospitality to all sorts and conditions of people...

To let them into our space, our spiritual space if not our kitchens and living-rooms, is a costly ministry, for they will cease to be invisible.

We will see their full humanity, and we will see Christ in them. (Margaret Guenther)

I wonder if we can continue on our road through Lent offering daily a safe space to those we meet? And in that offering experience the joy of entertaining Christ unawares.

An Exercise

Watch [this reading](#) of Psalm 31 by the people of Ukraine. Some are reading from the safe space of a bomb shelter.

- What are you feeling at the end of this - how has it moved you?
- Watch the video again - put it on pause every time a person or verse stands out for you.
- Sit in the silence with the face of that person in mind. Notice how you are led.
- You may like to pray the words you pause with - where do they take you?



Click on the fresco below of Abraham and Sarah welcoming the three guests who were on the road passing their home. (Genesis 18).

- Allow yourself to be drawn into the safe space at the table.
- Listen to hear if God may be asking you to share your space with anyone.

