If we are able to get away from the busyness of everyday routine our minds can recharge. We may not be able to climb mountains as Jesus did when he wanted quiet to pray. Susanna Wesley, mother of John and Charles, would hide under her apron to pray. Her family knew not to disturb her at that time.

Perhaps you can take time to look out of a window and see the changing sky, or perhaps a tree with its leaves blowing in the wind or maybe a flower in a vase indoors…. something that God has created to bring beauty and peace to His world.

A Gaelic blessing

(John Rutter)

Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the gentle night to you.
Moon and stars pour their healing light on you.
Deep peace of Christ,
Of Christ, the light of the world to you.
Deep peace of Christ.

May you and all your community know God's peace today. Amen.

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Caraway
Spiritually Resourcing the Older Person



PEACEMAKER

Often in November our thoughts turn to remembrance. At the beginning of the month we have All Souls' Day as well as All Saints' Day and then Remembrance Day…these days are a mixture of sadness and joy….sadness for those we have loved and lost but thanksgiving for all that they achieved and perhaps what people have given specifically to us.
So, in this card I don't want to focus on the horrors of war and fighting but rather to look at the blessings of peace.

I remember a former soldier telling me that no soldier wants to be a man of war, rather he wants to bring peace.

Bible Verse

Jesus said, "Blessed are the peacemakers…they will be called the children of God."
Matthew 5:9

Challenge

Are you a peacemaker?
Among your neighbours, friends, family, acquaintances do you speak words of peace and encouragement? If not, why not?
Do you let go of grudges?
Do you try to see the best in people?
It isn't always easy but it is worthwhile.

Are you at peace with yourself?
Are you at peace with God?
Sometimes we have to begin with forgiveness.

A Prayer

Heavenly Father,
I want to be a true child of Yours.
Help me to bring peace to the little corner
of the world where I am.
There are things I have done which I shouldn't,
There are things I haven't done
which I should have done.
I'm sorry about that.
Help me to begin over again,
leaning on You to help me.
Help me to bring Your love and peace
to the little corner of the world I'm in
and to the people I meet day by day.
In the name of Jesus, the best peacemaker ever.
Amen.

As we look at the wider world we see places where there is fighting and unrest. Perhaps you have seen recent news and been upset by ongoing conflict. We can use the gift of prayer to pray for those affected.

Think of a country…. pray for its leaders.
What problems does that country face (perhaps poverty, famine, different ethnic groups, different religions, invasion, climate uncertainty ….)
Who are the people trying to help (perhaps aid agencies, medical personnel, farming advisors, religious leaders…)
Spend a little time talking to God about these things. Ask Him to raise up peacemakers.

Another Bible Verse

Jesus said, "Peace I leave with you, my peace I give you…..do not be afraid."
John 14:27

A well known Hymn

(These are words from a much longer poem by a Quaker writer, John Whittier, who valued silence)

O sabbath rest by Galilee,
O calm of hills above,
Where Jesus knelt to share with Thee
The silence of eternity,
Interpreted by love.

With that deep peace
Subduing all our words and works
That drown the loving whisper of Thy call,
As noiseless let Thy blessing fall
As fell Thy manna down.

Drop Thy still dews of quietness
Till all our strivings cease.
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.