

Pause for Reflection

20 November 2020

Footprints in the sand

As I write this, I'm listening to the latest announcements of stricter "lockdown" in many parts of the country and hearing too of the impact that isolation and detachment from family and friends is having on many people's mental health.

It seems that there has been a very significant increase in feelings of loneliness, stress, anxiety, and depression and that this has not just affected one sector of society but seems to have had an impact on all age groups from school children all the way through to older folks in care homes.

With Christmas fast approaching it seems that part of the Government's reasoning for a stricter lockdown now and for the next few weeks, is to endeavour to reduce the numbers of positive Covid cases in the coming days so that the restrictions can then be eased in mid-December to "allow people and families to gather together at Christmastime."

So as I set my mind to finding an appropriate track to focus on this week in my CD journey, I listened again to an album by Leona Lewis entitled "Spirit."

Leona Lewis, you may remember, won the "X Factor" in 2006 and has since gone on to have a very successful solo singing career. The album "Spirit" was the fastest selling debut album of all

time, such was her popularity in 2007/08. I have always enjoyed her vocal range and the amazing intensity in her voice and I suppose it shows once again the very wide range of music which is encompassed by my CD collection.

I've written before about the importance and the value of friends and my selected track this week again shines a light on the joy of supportive and loyal friends.

The track is entitled "Footprints in the sand." As you read through the lyrics, I hope you will gain the same feelings of reassurance and comfort that I do as I read them and listen to Leona singing.

Footprints in the sand.

You walked with me

Footprints in the sand

And helped me understand where I'm going

You walked with me when I was all alone

With so much unknown along the way

Then I heard you say

I promise you I'm always there

When your heart is filled with sorrow and despair

I'll carry you when you need a friend

You'll find my footprints in the sand

I see my life flash across the sky

So many times have I been so afraid
And just when I thought I'd lost my way
You gave me strength to carry on
That's when I heard you say
I promise you I'm always there
When your heart is filled with sorrow
and despair
And I'll carry you when you need a
friend
You'll find my footprints in the sand

When I'm weary
Well I know you'll be there
And I can feel you when you say
I promise you Oh, I'm always there
When your heart is filled with sadness
and despair
I'll carry you
When you need a friend
You'll find my footprints in the sand

-----OOOOOOO-----

Bible readings

I've chosen three short verses from the
Book of Proverbs this week.

Ch 17 v 17 Friends always show their
love. What are relatives for if not to
share trouble?

Ch18 v 24 Some friendships do not
last, but some friends are more loyal
than brothers.

Ch27 v 10 Do not forget your friends
or your father's friends. If you are in
trouble, don't ask a relative for help; a
nearby neighbour can help you more
than relatives who are far away.

My chosen Hymn this week is Hy 542

Lord speak to me so that I may speak

Lord, speak to me, that I may speak
In living echoes of Thy tone;
As Thou hast sought, so let me seek
Thy erring children lost and lone.

O lead me, Lord, that I may lead
The wandering and the wavering feet;
O feed me, Lord, that I may feed
Thy hungering ones with manna
sweet.

O strengthen me, that while I stand
Firm on the rock, and strong in Thee,
I may stretch out a loving hand
To wrestlers with the troubled sea.

O teach me, Lord, that I may teach
The precious things Thou dost impart;
And wing my words, that they may
reach

The hidden depths of many a heart.

O give Thine own sweet rest to me,
That I may speak with soothing power
A word in season, as from Thee
To weary ones in needful hour.

O fill me with Thy fulness, Lord,
Until my very heart o'erflow
In kindling thought and glowing word,
Thy love to tell, Thy praise to show.

O use me, Lord, use even me,
Just as Thou wilt, and when, and
where,
Until Thy blessed face I see,
Thy rest, Thy joy, Thy glory share!

-----OOOOOOOOO-----

Let us pray

Heavenly Father, we come before you
this day to ask that you comfort us in
our moments of loneliness.

Be our shelter in the midst of the
storm.

Walk beside us every step of the way.

Dear Lord, there are times when we
feel so alone,

When we feel like crying out for
attention, looking for some sort of
acknowledgement from a single soul.

Remind us that you are always there,
right at our side, whenever we call.

No matter the hour, the day, the week
or the situation, Dear Lord, you have
promised to never leave us nor forsake
us.

For this we give you thanks.

Help us then to be a friend to others in
need. Help us to walk beside those
who are lonely, those who are
stressed, anxious or depressed.

Help us to walk where your loving
hand guides us and to leave our
footprints in the sand wherever they
are needed.

Amen.

-----OOOOOOOOO-----

Benediction.

May God the Father
prepare your journey,

Jesus the Son

guide your footsteps,

The Spirit of Life

strengthen your body,

The Three in One

watch over you,

on every road

that you may follow.

Amen

-----OOOOOOOOOOO-----

Until next week, keep safe, keep in touch with friends , family, and those in need of company.

Alistair - Session Clerk B/P
20/11/2020