

12th April 2020 – Easter Sunday

Well Happy Easter everyone, the Lord is risen! He is risen indeed, Alleluia!

It's much harder this year to feel the real spirit of Easter joy, when we have been unable to gather as the family of God to celebrate the resurrection of Jesus as a demonstration of the power of love over all things, even death.

With spring, springing so beautifully this year, it seems to be even harder to just stay indoors. Our lovely parks, the seaside and other beauty spots have to be avoided for now and we are unable to get the benefit of the things we might normally do at this time of year.

So, instead of these things, how about a 'Spiritual Spring'? We could take some time to look for some spiritual refreshment and perhaps bask in the light of the Son. Why not really make an effort at reading your Bible, perhaps with some Bible Notes for guidance. Or perhaps try some Christian meditation as a way of relaxing and refreshing not just the mind but also the spirit. Have a look at some of the writings of Christian authors and see what they may have to offer by way of insight into the Christian way of thinking and being.

I'm sure there are lots of ways I haven't mentioned that you could think of, that would be beneficial to you and others, so why not share some of that with others on this e-mail list, don't keep the good stuff to yourself!

And finally...A man walks into a gym and asks the personal trainer:

“Can you teach me to do the splits?”

Personal Trainer “How flexible are you?”

Man “I can't do Tuesdays”

Sent by Canon Tom Page

Vicar: Ascension with All Saints

Chelmsford

(AwAS)