

How are you today?



I wonder how you are feeling today?

Happy? Worried? Sad? Lonely? Joyous? This list could go on and on...

Were you to complete this sentence: 'I am feeling...' What would you write?

As I ponder the question myself, I find that I turn to God. My maker and redeemer. And I find I take solace in this prayer, which for me brings not only restoration, but knowledge that I am never alone.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

From St. Patrick's Breastplate

Prayers & Blessings
Revd Tonya

