

Can you believe that March is on our doorstep already?? In the past, the beginning of March has always been marked by the attendance at the Guildford Welsh Society lunch meeting to celebrate the life of St David – the patron saint of Wales, supporting those Welsh friends who still hold their mother-country close to their hearts. St David was an inspiration to the people of Wales, establishing a monastery, proclaiming the Gospel and its message to live simply and to be kind to each other – his last words were something along the lines of 'Be joyful, and keep your faith ... Do little things that you have seen me do and heard about.'

Understanding that the little things we say and do in life count – and that special days and times of the year make up the rhythm of life that connects the past and the present is a significant thing for us to hold on to during this month of March where we are well into the Lenten journey, thinking and reflecting on our attitudes and the way we go about our daily lives and the little things of life that we do and say to make others feel good and ourselves feel good in the doing of them.

Whether you go to church or not, the idea of giving up something for Lent is well-known – chocolate, alcohol, coffee, cake – you name it, it's given up in some degree or another and a wonderful opportunity to get on that long-awaited diet! But the idea of *taking up* something for Lent – like thinking about how we can share more love and goodwill, or give a little bit more to charity – or even take up a new hobby – can have a really positive effect for our wellbeing as we take time to reflect on ourselves and our lifestyle.

During this time of Lent, I pray that you will take heart from the little things of life that matter – that you find nourishment in reflecting on your lifestyle and perhaps making some little changes that could make big and positive differences.

And as we give thanks that the sombre and reflective time of Lent makes way to the joy and hope of new life and new beginning symbolised in the death and resurrection of Jesus – giving thanks for God's love for us all that is outpoured through the amazing Easter Story – perhaps you can find someone special to give thanks for – and perhaps let them know how thankful you are and how loved they are as we do our part to bring some light and love and hope to each other – and to the dark and loveless places of the world...

Whatever the season, I wish you all blessings, light and love always ...

*Rev Jacqueline*

*A prayer for St David*

Dear God, we remember Saint David, your servant.

We give thanks for his passion for the Gospel  
which helped to spread Christianity;

We give thanks for his purity and simplicity of life.

We give thanks for his gentleness, but clear spiritual leadership and vision.

Grant that we may learn from him  
and respond to the words that are thought to be his last:

'Be steadfast, and do the little things';  
through Jesus Christ our Lord. Amen.

*(Anthony D Miles: 2008)*