

Hello everyone. I hope you have enjoyed the Bank Holiday weekend and are enjoying half term. I know some of you will have celebrated Eid over the weekend. I am sure it was bit different from normal, but I hope you had a lovely time.

Well I have been promising you another video for a little while and don't seem to have managed it. So I thought I would do one now.

I wonder what you are all up to over this week's break? Maybe your half term plans have stayed the same, but I think for many of you they will have needed to change. Change is something we have all needed to manage over the last couple of months. As some of our recent restrictions are being eased, more change approaches.

Some of the changes which happen are within our control, what to wear today, what to have for breakfast etc. and some of them we have no control over. So maybe it is good to recognise the changes we can control and those which we cannot. It might be best not to worry about the changes we cannot control and focus on what we can.

We have talked before about the positive actions you can and have taken during this time; phoning your relatives more than usual for example. I know some of you have become wonderful bakers and others have been planting and growing. Just like those seeds you have planted, your mind is growing and you can feed it with new knowledge and developing new skills. (you might not be able to see it growing, but if you keep feeding it, it will be!)

Like many of you I have been doing some planting and growing. Here are some of the things I started to grow when the Lockdown began. One of them started as lemon pip and the other a cashew nut. Can you guess which is which? The cashew nut took 6 weeks to germinate and I was very excited to see the first shoot because if I am honest, I had pretty much given up on it ever germinating! That made me think...I thought about waiting and patience and how the things we do now, the positive actions we take, could have an impact on others for years to come.

As I walked out in to my garden and looked up at the oak tree which grows there, it really struck me how long the impacts of some actions last. The oak tree is, I am told, roughly 500 years old. Maybe it was planted deliberately 500 years ago. In that time a lot of history has been made, that tree will have grown when the Great Fire of London struck, the end of the plague, the civil war and the World Wars. It will have seen many generations of families take their shade under its branches, collect its acorns and perhaps try to climb it. And that got me thinking back to us, to you and all the impacts that we can have. Will they also last for hundreds of years? Perhaps you can reflect on that over half term and take responsibility for creating something which can go on for years and years. What will that be?

I am going to leave you with Ecclesiastes 1 v 4 which reminds me of the changes we are going through and that despite this some things, like my oak tree, will remain and do remain for a very long time.

A generation goes and a generation comes,
But the earth remains forever.

Psalm 78:6

Verse Concepts

That the generation to come might know, even the children yet to be born,
That they may arise and tell them to their children,