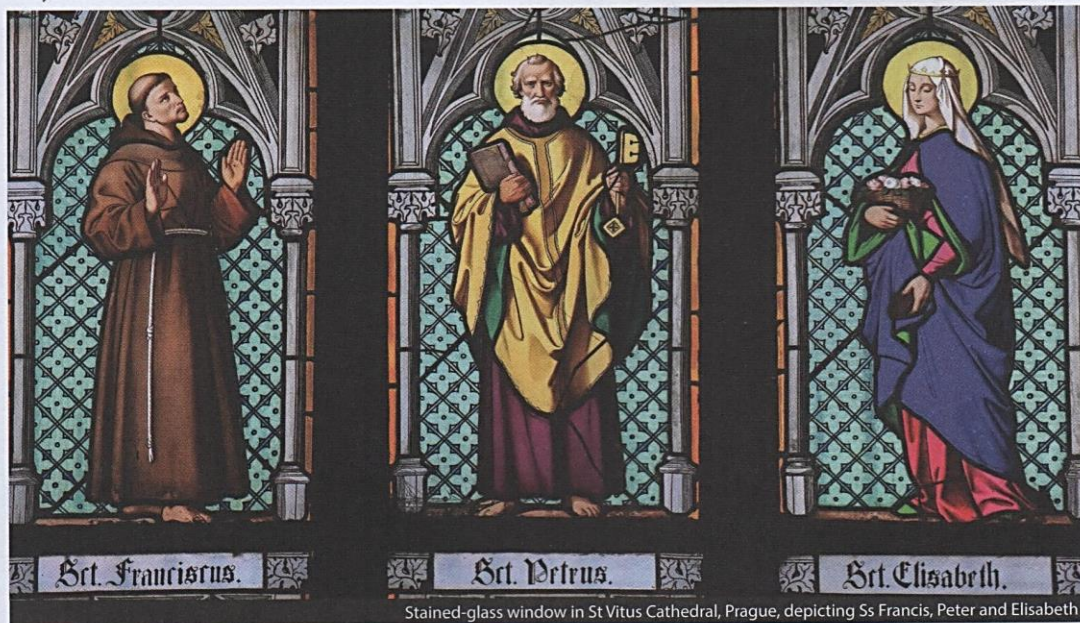


For all the saints



Stained-glass window in St Vitus Cathedral, Prague, depicting Ss Francis, Peter and Elisabeth

Faithful God, when we fear for our future, remind us that we are yours. You made us, you love us and you keep us for all eternity. For this we lift up our heads and we thank you. Amen.

World Cities Day

by Caroline Hodgson

The United Nations has designated 31 October as World Cities Day, to promote the international community's interest in global urbanisation, encourage cooperation among countries in meeting opportunities, address the challenges of urbanisation and contribute to sustainable urban development around the world.

Until 2009, more people lived in rural than in urban areas. Today, around fifty-five per cent of the

world's population live in towns and cities, with the level of urbanisation projected to reach almost seventy per cent by 2050. Cities are our economic powerhouses. They are where the decisions that govern all our lives are made. They are also where our social problems are often at their most apparent. Whether you're a city dweller or live in the most remote rural area, the health of our cities and the well-being of people who live and work in them affects you in one way or another. So why not spend some time in prayer and reflection today about cities and city life?

You can find more at: www.un.org/en/observances/cities-day

“Open wide the door of our hearts, that we may receive and entertain Thee with all our powers of adoration and love.”

Christina Rossetti (1830-1894), English poet

Ricarda Witcombe

reflects on Psalm 24:1-6

The writer of Psalm 24 is very sure that everything and everyone belongs to God. And because the world is founded and established by God, it is secure. Even though we always live in the midst of chaos (in ancient thought the seas and rivers were symbols of chaos) we can be sure that, whatever happens, we belong to God. We are secure. The fourteenth-century mystic Julian of Norwich knew this too. She described her vision of seeing “all that is made” and understanding three things: “The first is that God made it, the second is that God loves it, the third, that God keeps it.”

Having confessed that the world belongs to God, the psalm then turns to the people who make this confession. It is a good psalm for All Saints' Day, when we celebrate that company of people down the ages who have sought God through their daily lives. With them, we are called to right actions, right relationships and a commitment to the truth. This beautiful psalm reminds us who God is and who we are. It gives us reason to trust. And it points us to the King of Glory, dwelling in our midst. 🙏

Walking with Poppy The greatest commandment

by Gillian Cooper

Poppy is not very good at commandments. Although she is only half terrier, she is terrier in her heart and has a terrier's stubbornness. It shows most of all when we are out on walks. Poppy insists that she should stop and sniff whenever she

wants to, walk at her own pace and divert towards anything interesting. She certainly does not feel obliged to walk at my pace and instructions to “come” are met with firmly planted paws and a blank stare of apparent incomprehension.

But perhaps Poppy has it right. The greatest commandment, say Moses and Jesus, is not about rules but about love. Poppy can safely ignore me because she is not afraid of me, she knows we have a relationship formed in love. Ancient Israel, and Jesus' disciples are encouraged to obey God's rules, not from fear but from the love that responds to God's saving love for them. 🙏