

Reverently Yours

Rev. Ingrid Owen-Jones writes:



Dear Friends

We often think of the coming weeks and months as a dark time of the year. The hours of sunlight reduce day by day, until we come to the shortest day in December. Different people experience this time of the year differently. Some like the idea of closing the curtains, lighting the fire and settling down with a nice cup of cocoa. Others are longing for the time when it is light again and they can enjoy the sunshine and warm weather.

Like the different seasons of the year, life too can be light and sunny, or dark and sad. There are times when we skip along, metaphorically speaking; life is good and happy and our mood reflects that. And that could be at any time of the year. In contrast, we all go through times when everything is dark. We might suffer bereavement, loss of a job or a breakdown of a relationship. Then it seems as if we are never going to be happy again. But would the happy times be as happy if we had not experienced the dark times? Think of a stained-glass window: it is the dark bits of glass that make the light ones shine out and be noticed. Light and dark is an ever-re-occurring theme in all aspects of our lives.

In Christianity, we too have this contrast. Easter is preceded by Good Friday; at the end of this month, so the shops remind us – although not our Christian calendar, we have Halloween, or All Hallows' Eve. Whereas the former explores the dark and the devilish, All Saints' Day, on the 1st November, celebrates light and holiness. The people we call saints are those whose lives have been defined by their love for God and for other people. By the way they lived they have brought light into the lives of those around them. This can be an example to us all: the love we have for God, which we express in the love we show our neighbours, can lighten the dark times they might be going through. –

Like us, Christ too went through dark times, very dark in fact. He looked to his heavenly Father for support and strength. This support is available to us too. And although we realise that the darkness is not necessarily removed from our lives, our God will offer us the support that will carry us through to lighter, more joyful times.

Lord Jesus,
In the darkness of sadness and bad news;
Shine your light through me.
In the clouds of confusion and worry;
Shine your light through me.
In the greyness of doubt and arguments;
Shine your light through me.
In the blackness of sickness and pain;
Shine your light through me.
In the lives of those in need;
Shine your light through me.
And everyone I meet;
Shine your light through me.

Yours in Christ,

Ingrid