

Crowland Abbey



RECTOR'S REFLECTION: WELLBEING

Hello, as I write this the skies are blue, and the sun is almost shining. Although it is quite cool, there are definitely signs of spring in the air. This month we are looking forward to Lent and then of course Easter.

Lent is always a time of preparation, waiting and reflecting, before the joy of the resurrection. I am writing this filled with energy and I would even say joy and enthusiasm. I know that you are probably rolling your eyes and thinking I must be having something in my tea. However, I am going to get a little personal here and please stop reading if you think that people overshare or get all touchy feely, because here I go.....

At the end of last year looking back, I can see that I wasn't in a good place, I was stressed, demotivated and probably quite grumpy. I was definitely short on grace, which isn't ideal in the season of goodwill and all that. However, it is only now looking back that I can see it.

So why am I going on about this now? Because, with all that is going on in our lives it is really difficult to have a sense of perspective on how you feel. What I am trying to do this year, is remember how I feel now, how I felt then and use those two points as a scale, a frame of reference against which to measure my well-being. This is important and I know I have mentioned it before, Jesus asks us to love ourselves and love one another, and if we don't or can't care for ourselves how can we care for others?

I feel like a different woman from the one before Christmas. Perhaps Easter is not the only time for new life. God bless you.

Rev. Carolyn