**Reflection June 2020**

Greetings my dear friends, I hope you are still keeping safe and in touch with family and friends. We are now half way through this year, a year like no other, a year that has made us think outside the box and live very much outside our comfort zone, but one thing we can always be sure of, God is always on our side.

My favourite psalm is psalm 121 where it says;

“*I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth”*

The psalm goes on to remind us that the Lord always has our best interests at heart and particularly in difficult times. The words throughout give me the strength to keep going even though times are tough.

I am sure you have a favourite bible passage that you turn to in difficult times.

During this time, it is important for us to keep in touch with people, especially family and friends. I am fortunate in that I have access to the internet which helps me keep in touch with some friends and join in with church services. I keep in touch with other friends, including those in MU, through one of the three WhatsApp groups I have signed up to. Some of the people I need to be in touch with can only be reached by phone, so I try to spend some time each week ringing round members in my branch and people from my church who live alone.

I am sure some of you are also able to keep in touch with family and friends by social media, but for those who can’t I hope and pray you are able to keep in touch by phone.

I always enjoy this time of year when the weather tends to be warmer and I can get out and about or even go on holiday and I hope you do also,but this year these things are restricted.However, that does not mean we can’t think back to times when we could walk on the beach or wander in the countryside. In our imagination we can still do these things and be transported away from our present surroundings.

I have been looking at other bible passages including the beginning of psalm 118 where it saysin verseone;

*” It is good to give thanks to the Lord, for his love endures for ever”* then in verse five we read; “W*hen in my distress I called to the Lord, his answer was to set me free”*

Set free, that is such a wonderful thought and, in our imagination, we can be as free as a bird. God gives us the fortitude, provided we have faith,to have our spirits lifted because he has work for us to do.

Iam sure you are aware that the MU, like all charities, has been affected in many ways by the current situation and we have some huge challenges ahead. With prayer and faith, we will overcome them but we need your help.

Please will you lift your eyes to the hills and as you get transported away to a place where you feel uplifted, pray for this wonderful organisation which is as dear to us as our own family, asking our Father to give us the strength to carry on His work as we live and work to his praise and glory.

Love & Prayers

Jenny

Prayer

Loving Father, our faith is in you: we trust in your plans for the future where we will thrive in showing love to those we seek to serve.

Saviour Christ, our faith is in you: we trust in your plans for the future where we will bear eternal fruit as we follow your commands.

Holy Spirit, our faith is in you: we trust in your plans for the future where we will be filled with power and guided in every truth.

We place our future in your hands. May we continue to enrich our MU families lives for future generations. AMEN

*(Taken from Mothers’ Union Pocket Prayers)*