

# Spirals

Did you see it on the local BBC news?

On Cambois beach, amidst the shore pebbles, an artist carefully chose and



arranged pebbles into this spiral: a peaceful act of creating order amidst disorder. A local dog-walker watched and took the photograph.

Spirals are integral to the created world – visible in plants and animals and even the weather: in cacti-leaves, snail-shells, snakes, sweet pea tendrils, ferns, sunflowers, chameleon tails, pine cones, a tornado, water down the plug hole, our fingerprints... spirals exist from giant galaxies to the DNA in our cells, echoing energy and life.

We speak of ‘spiralling costs’, of things ‘spiralling out of control’ as if a spiral was a sign of pending doom. If you’re in the path of a tornado, or watching world news, this may feel very true. Yet spirals are also open-ended and extendible – symbolic of eternity, growth and strength. The deaf sign for ‘everlasting’ is a spiral shape made with the forefinger. Spirals, like us, can be ‘up-tight’ or ‘relaxed’ as events unfold.

Circles and celtic knots remind us of the constancy and completeness of God. In Durham Cathedral the circular pillars were designed to illustrate this but some also have spiral carvings on them – denoting the open and ever-unfolding nature of God’s love. Are we like circles – closed, reliable and unchangeable? Or like spirals – open and ready for transformation? Or a mixture of both, depending on circumstances? What matters is that we are made in the image of God and called to reflect the nature of God in our lives.

God bless the ‘spirals’ in your living with peace and strength.