

Up-Beat

Two little things coincided today and each shone a spotlight on the other!
The Manchester MU newsletter stated:

Upbeat people are a gift.

Spot on cue, the post delivered a tape from a friend of a very up-beat song 'Arise Today' which immediately had us singing along and dancing like kids!



Manchester's MU President delights to get good news about branch activities: *"I find myself inspired, in a better mood and more hopeful because of a few positive and upbeat words. It's good to have upbeat people around as they are always thinking about the best not the worst. Upbeat people are a gift."*

Our own President, Margy, also delights in e-mails which bring uplifting news from branches about new members, or their activities in the community or helpful initiatives. No doubt she does a little 'happy dance' in her kitchen! (Perhaps we could put a video clip on the website?)

At a recent service in Shiremoor to celebrate ministry, a little girl in a sparkly dress couldn't help but dance in the aisle as we sang the opening hymn. Sadly, all the 'grown-ups' remained fixed in their pews instead of joining in. We don't dance enough in the Church of England, do we?

The song on our tape has a cheerful up-beat 'happy dance' rhythm...

Arise today in the life of the Trinity

I believe that God is One

Bind us to the Life of the Trinity

I believe that God is Love.

So, if you're feeling a bit jaded with TV news, focus on the local news and all the up-beat activities MU gets up to. Choreograph your own little happy dance to celebrate. Share your own up-beat news – it inspires others. Margy loves to hear. So does Elizabeth – who can add the news to our website:

www.munewcastle.org.uk