



November 2022

Dear Friends,

Our lives at the moment seem to be full of change. Internationally we're still reeling from the backlash of COVID. Nationally we have a new King, a new Prime Minister and major changes in our economy. Personally we are all facing all sorts of change. I'm presently living through the challenge of looking for a new post (since my time here ends next May), I will soon be moving house and in addition to this my husband is retiring in the new year.

We are all living through change and some are able to cope with it better than others. Sometimes it depends on the change as to how we do cope. We experience and learn about change right from childhood.

- Each September our children start a new school year, change teachers, classes and even school. Not to mention the big ones, leaving home, going to university or starting work.
- Change can be due to our health or our ageing, bereavement when a friend or loved-one dies, getting married or choosing to live with our partner.
- The pandemic caused major changes to our lives and for some resulted in the reassessment their whole lifestyle. People moved from towns to the countryside; some individuals and employers decided that working from home was the way forward others decided to change careers.

The list goes on but while some of these changes are minor, others can have huge effects on our physical and mental health, our spiritual outlook and even on our personality. Some changes cause us to question our lifestyle, relationships, attitudes and general outlook on life. So, what is changing in your life at the moment? It may be small or large but change is a continuous part of our lives.

Faith is also about change. Its goal and experience is to be changed for the good in heart, soul, mind, and life. The journey of faith is in its essence a journey of transformation. We are changed into the spirit and life with God and of God. In my own life, I strive for ways to experience transformation and try to open my own heart to the ways that God is changing my perspectives and attitudes about life. It's sometimes wonderful, sometimes challenging, and more often than not, surprising. In a very real sense, God is out to change us. Such transformation involves growth, new beginnings, and possibilities and opportunities that we may never have considered before. It also can change long-held opinions about things introducing us to new truth and new life-giving approaches to our living and to the world around us. So, the opportunity of faith is change and transformation. That is such a hopeful possibility. And there's another great hope that as we are transformed, we are actually strengthened to meet the changes of our lives in new and hopeful ways. Our personal transformation helps us to become more resilient and empowered to meet changes good and bad as they occur in our journey of life.

*Rev'd Nicki*