

LINCOLNSHIRE UNITARIANS NEWSLETTER

February / March 2012

Living This Moment

I recently came across these words by John Lennon "Life is what happens to you while you're busy making other plans". Now, of course, it is important at times to plan ahead, to book a holiday or plan to visit friends or arrange our work schedule. But not all of life is about planning ahead, it is surely also important to appreciate and enjoy the gift of the present moment. If we are constantly thinking, planning or worrying about the future we will not find it easy to be fully present in the experience of life now!

Some years ago I wrote a little poem on the subject. Perhaps not great poetry but it expresses what I am trying to say. Here it is:-

Moments

Moments are all that we have
Just moments.
Some precious, some sad
some bad
just moments.
We can keep them in memory
file them in our history
but moments are all that we have.
So, inhabit this moment
Dwell in it in love
cherish the gift
for it passes so swiftly
and moments are all that we have.

Even so I have to confess that I am not always present to this moment and I am often busy making plans for the future or looking back enjoying memories of past experiences and often seem to have several projects on my mind at one time!. Nevertheless, I think that John Lennon has made an important point to make. We should not be so preoccupied with the past or the future that we lose the gift of the present moment. It is something that Jesus of Nazareth emphasised when he said that we "should not be anxious about

tomorrow, for tomorrow will be anxious for itself". A biblical commentator added this point that "we should not ruin the present by our fears and worries about the future or about what might or might not happen."

Thich Nhat Hanh in his book on "The Miracle of Mindfulness" says that the "mind is like a monkey swinging from branch to branch through the forest!" And so often our minds are so preoccupied with the past or the future that we don't live fully in the present. Hahn says we have to take hold of our monkey and pay attention to what we are doing now and live more mindfully!

A good thought to hold on to and maybe to practice when life becomes a little over hectic.

James

"If we are not fully ourselves, truly in the present moment, we miss everything." ~Thich Nhat Hanh

Shakespeare and psalm 46

Tom McCready pointed out an interesting mystery to me last Sunday; he said that William Shakespeare appears to have left his mark in the King James Bible. Shakespeare was 46 in 1610 when the translation was completed, *William Shakespeare* is an anagram of 'here was I, like a psalm', if you then take Psalm 46 and count 46 words from the beginning the 46th word is *shake*, if you then count 46 words from the end leaving out the word *selah* (which may be a music instruction not important to the text) the 46th word is *speare*. I said that I thought it was just a remarkable coincidence, Tom said that he thought that this could indicate that William Shakespeare had a hand in the finishing touches to the translation. I think that finding a suitable text, working on numbers and applying a plausible explanation is fiendishly clever! What do you think?

Leslie

Newsletter on line

Don't forget that this Newsletter is available on the internet, the simplest way to get there is to just type into your search engine *lincolnshire unitarians newsletter* and then press the *enter* key on the keyboard. Choose the website headed LINCOLNSHIRE UNITARIANS NEWSLETTER which will be the top one or somewhere near the top and click on it, our Newsletter will then fill your screen. Simple.

Leslie

LINCOLN DIARY DATES

Sunday February 5th. 11.00am. **Talk** on 'Street Pastors'.

Sunday February 12th. 11.00am. **Informal Service** led by Ian Jebbett (Chairman of the Lincoln Congregation 1999/2000).

Sunday February 19th. 11.00am. **Discussion** on 'Reason' led by Ray.

Sunday February 26th. 11.00am. **Music and Reflection** on 'Childhood' led by Sandra.

1.00pm. **Family Celebration** for Caroline and Nathan.

Sunday March 4th. 11.00am. **Circle Dancing** led by Jennifer.
Followed by **Planning Meeting**.

Sunday March 11th. 11.00am. **Service** led by June Pettitt (Sheffield).

Sunday March 18th. 11.00am. **Music and Reflection** on 'Spring' led by Pat.

Sunday March 25th. 11.00am. **Discussion** on 'Tolerance' led by Jennifer.

BOSTON DIARY DATES

Sunday February 5th. **Service** 5.00pm.

Sunday February 19th. **Service** 5.00pm.

Sunday March 4th. **Service** 5.00pm.

Sunday March 18th. **Service** 5.00pm.

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