

**Friday 20 March**

Dear Friend

The following is taken from the "This Day's Thought" web site - [thisdaysthought.org](http://thisdaysthought.org) - which I hope you will find helpful; with a joke to finish with which I hope you enjoy!

When we become aware that we do not have to escape our pains...those very pains are transformed from expressions of despair into signs of hope.

*Henri Nouwen*

**This day's verse:**

I love those who love me, and those who seek me diligently find me.

*Proverbs 8.17*

*The English Standard Version*



A poster seen recently by Alison Radford - a good motto for us all!

**"Keep Calm and Keep Praying"**



From me - a joke for the day:

Before you judge a person, walk a mile in their shoes.  
After that, who cares?...There're a mile away and you've got their shoes!

*Billy Connolly*

Please take care of yourselves as well as of one another and God bless you and yours

Simon