

Dear Friends,

We've had a funny summer so far, haven't we?

Some while back we had a run of very hot and dry days and then more recently, we've had lots of grey skies, cooler temperatures (I'm back wearing jumpers!), wind, rain and even thunder! Our British summers are often rather unpredictable but this year seems to be especially so.

I wonder which days you like best?

As a dog walker, although I much prefer dry days, the hot and very sunny days aren't my favourites as the poor dogs can't cool down like we can and us owners have to take great care not to expose them to too much heat as they easily end up with heatstroke. Recently I've found out that a good way to see if it's too hot to take your dog out, is to place your hand on the pavement and see if you can hold it there for 7 seconds; if not and it's too hot for your hand, it's too hot for their paws and it's time to stay inside!

After too many of the 'too hot' days, I was actually quite glad to see the rain and imagine that the natural world around me was quite relieved too, at least initially. It certainly makes dog walking easier, if slightly damper!

Many's the time I've thought about parallels between walking Daisy (my DOG) and walking with my GOD but I don't think I often think about walking with the Holy Spirit – do you?

We know, or I hope we do, that God is always with us, by the presence, promise and peace of the Spirit but when I think about walking with God, it's most likely Jesus that I envisage or feel beside me.

So I was interested to come across the following in one of my numerous 'books of stuff':

*WALKING WITH THE HOLY SPIRIT – by Frances Hawkey (Associate of the Iona Community)*

*We walk together,  
you and I,  
talking sometimes,*

*often in awesome silence.  
Wandering and wondering with you,  
Holy Spirit,  
unrestrained as the wild winds,  
ever-moving as the tides.  
Fire of passion.  
Still small voice.*

I think I'd like to ponder that idea a bit more in the coming days – perhaps you would like to do so too, maybe even adapting it to your circumstances, if walking isn't your thing or you find it hard right now. Maybe all of us can see it through the lens of 'walking together with God through each day of our life' and perhaps this could be our prayer for the week, as we do so!

Enjoy your time wandering and wondering!

Sam.