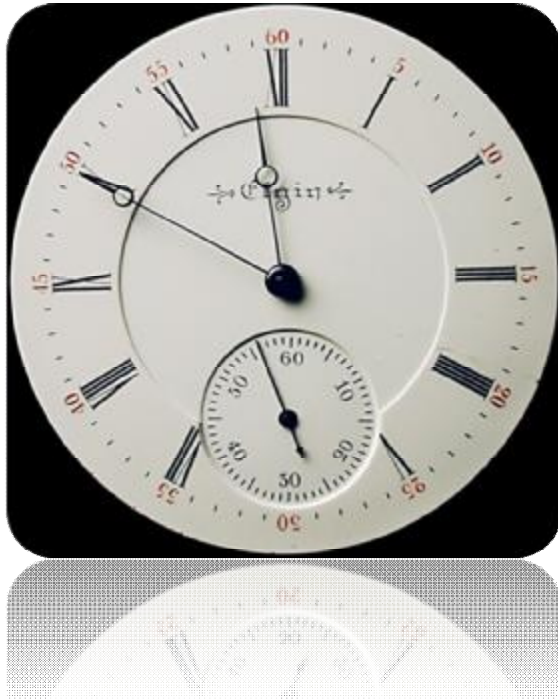


A short spring meditation



Ecclesiastes 3:1-16

A Time for Everything

There is a time for everything,
and a season for every activity
under heaven:

a time to be born and a time to die,
a time to plant and a time to
uproot,

a time to kill and a time to heal,
a time to tear down and a time
to build,

a time to weep and a time to laugh,
a time to mourn and a time to
dance,

a time to scatter stones and a time
to gather them,

a time to embrace and a time to
refrain,

a time to search and a time to give
up,

a time to keep and a time to
throw away,

a time to tear and a time to mend,
a time to be silent and a time to
speak,

a time to love and a time to hate,
a time for war and a time for
peace.

Spring is here, a time of waiting,
of expectation...

Spring is here, a time of...

preparing new ground
planting new plants
nurturing new seedlings
tending new shoots
protecting new buds

A time of...

clearing out the old
throwing away the tarnished
discarding the wasted
emptying out the junk
chucking out the crap

A time of...

dreaming new dreams
thinking new thoughts
making new plans
growing new goals
welcoming new hope

A time of...

holding tight the fragile
embracing the vulnerable
nurturing the young
becoming aware of the potential
longing for summer

Time to recommit, to begin again the
work... the rest of winter is over...
the glory of summer is just
beginning.

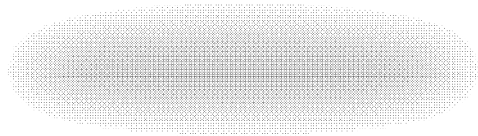
*Silence - reflecting on a seed held in
the hand [grow in me and through
me]*

The priests and the captain of the
temple guard and the Sadducees
came up to Peter and John while
they were speaking to the people.
They were greatly disturbed
because the apostles were teaching
the people and proclaiming in Jesus
the resurrection of the dead. They
seized Peter and John, and because
it was evening, they put them in jail
until the next day. But many who
heard the message believed, and the
number of men grew to about five
thousand.

The Christ,
was amongst us... we loved him.
has died... we grieved.
has risen again... we celebrated.
has returned to the godhead... we
marvelled.
has promised to be with us to the
end of the age... now we live as the
promise is fulfilled again and again...
like spring follows winter, without
fail, year upon year, age upon age.

lighting a central candle

Creator who birthed the world,
breathe your life into us.
Saviour who entered the world,
stretch out your hand to us.
Spirit who pervades the world. fill
and overflow us.





Meditation on the Word 'Spring'

Collect together a candle and four pictures - a person leaping over a gap, a coiled spring, the countryside in springtime, and a waterfall or other flowing water. We are going to meditate on the word 'spring', and on how its different meanings turn up in our daily lives and in our lives as Christians.

LEAP

When we are out walking we sometimes have to leap over a ditch or up a bank. Or, at work, we have to change jobs or patterns of work and this may involve quite a leap. We may even find change in our church worship. It is a jump from the known to the unknown, from the well-worn to the new. It may be a leap in faith, trusting in God to hold us up and to guide us. He will go with us as we take the risk and leap, and he will show us the way in the unknown places.

Silence (2 minutes).

SPRINGTIME

We find we are in a fresh green country which is being renewed by new life bursting out everywhere. There are still some familiar landmarks but even they look fresher. There is colour, sound and bright light. The words, 'the Light of Christ' in the Easter Liturgy gives everything a new look and new life. But Spring also shows up the dust and dirt and we find we have to do some spring-cleaning in ourselves so that the light can

get to our darkest corners and make us wholly new.

Silence (2 minutes)

COILED SPRING

This kind of spring is resilient. It returns to its original shape whenever it is pulled, or contracted. In us this spring might be thought of as the power of God. So we can be stretched by overwork, the cares of our daily lives, responding to an emergency and God restores us to our original shape. Or, we can be sat upon, diminished in some way, and He brings us back to the shape in which He made us, and in which He wants and loves us.

Silence (2 minutes)

SPRING OF WATER

This spring bursts out of the rocks, or from the ground beneath us and flows through the land freshening and re-vitalising as it goes. Even its sound is refreshing when we are hot and dry. It provides water to drink and to wash in.

So we come to think of Jesus at the well in Samaria and his promise to give that woman, and us, 'living water'.

'Whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.' (John 4:14 NIV).

Silence (2 minutes)

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be world without end AMEN