

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
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Opportunities

Julian of Norwich Anchoress & Mystic

Her famous saying is "all shall be well and all manner of things shall be well". Watch very well presented short videos about Julian's life and purpose presented by the Revd Dr Emma Pennington, Cannon Missioner at Canterbury Cathedral. Click [here](#).

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Parenting for Faith

For those of you whose purpose is to bring up kids you may be interested to know of podcasts put out by the Bible Reading Fellowship. By clicking [here](#) you can listen to one podcast which talks about 'Catching God's Communications'.

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23 September 2020 The Road Less Travelled

Sign up for a retreat at home with Los Olivos Retreats. Life is full of choices. Using Scripture, poetry, wisdom from mystics, art, music and prayer, the choice of selfless love will be considered. Click [here](#) for more details.

Retreating helps recover Purpose

In this part of the world it's been hot, very hot! The air has been hot, the ground hot, the sea hot. And heat drains us. Many of us have not travelled to cooler climes due to Covid. Also, the continual sense of living in the unknown is tiring as we work out different possibilities in our heads based on restrictions that may or may not be put in place. Holding on to our purpose in all this can be hard.

Twice in 1 Kings 19 God asks Elijah "what are you doing here?" What a great question! Elijah is worn out, fed up, sick of the actions of others, and scared. Everything has just got too much and he wants to give up. His sense of purpose seems to have vanished with all the bad news and uncertainty he is witnessing.

It's possible some of you may have similar feelings. Maybe you have lost your job or health. Maybe you are missing being a parent or grandparent. Maybe you are tied to home more than you would like to be. Maybe you feel distanced from church and the contribution you once made there.

Maybe you are asking:

**"what am I doing,
what's my purpose?"**

Maybe your purpose needs to be redefined? Could it be that it's not what you usually do that's most important but the unique thing God is bringing to your attention during this unusual time?



Taking time out to consider your purpose could be helpful. Maybe you can't go back to the old norm yet, but what new purpose is God opening up for you right now? What new opportunities are presenting themselves? What can you learn to love right now that you haven't had time to enjoy before? What is there right under your nose, or in the sky overhead, or down the street, that can give you a sense of purpose and excite you once more?

Two thousand years ago Irenaeus of Lyons said:

**"The glory of God
is a human being
fully alive."**

Understanding and then living according to our purpose is what contributes to making us fully alive people. So let's go live purposefully,

for God's glory!

An Exercise

**Try getting in touch
with how you feel right
now.**

- How tired are you?
- Are you fed up?
- How are the actions of others affecting you?
- Underneath, are you scared?

**Picture God, then hear
God ask you "what are
you doing here, what's
your purpose?"**

- Recall events that have happened in the past week and how you involved yourself.
- How might these be speaking to you about your purpose?
- How do you now answer God?

How do you feel now?



Part of our purpose is to find God in others. Click on this video to see how simple this can be:

[Eating Twinkies with God](#)

(At start wait for ads to finish!)