

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
retreats](http://www.cypgulf.org/retreats)

Maggie Le-Roy,
Retreats Facilitator

An occasional letter 32: 11 November 2020



retreats@cypgulf.org

Tel: +357-22-671220 / +357-99-155092

Opportunities

Imagi Christ Retreat 28 November 2020

An invitation to see Christ with new eyes, in conversation with art, Scripture, poetry, and the Christian mystics. Click on the following link to see more details: <https://www.losolivosretreats.co.uk/onlineretreats>

Diocesan Advent Retreat at Home

12 December 2020

Join with others around the Diocese for an evening of reflection. Four speakers will guide our thoughts/prayers together via Zoom. See the attached poster for more details. Register with Rev Gill Nisbet at gillnisbet@standrewauh.org



Advent Resources Ignatian Spirituality Centre, Glasgow

For information and to sign up for any of the following resources, click on the link below:

Advent Study/Prayer
Advent Retreat
Advent Prayer Calendar
Advent Pilgrimage
[http://iscglasgow.co.uk/
adventintro.html](http://iscglasgow.co.uk/adventintro.html)

Retreating gives time to Remember

This day in 1918 saw the end of World War I. A two minute silence will be observed by many giving space to remember. Our lives are often lived in such a rush that we don't give ourselves spaces to remember, to be grateful for so much but also to mourn loss. In these continued days of pandemic there seems to be a little more space and a greater sense of remembering 'the good ol' days'. In this silence there is also opportunity to mourn the loss of things we once enjoyed.

Having more space is good. Taking time to remember is also helpful and something which God throughout the Bible encourages us to take time to do. In times of hardship "remember"; in times of prosperity "remember"; through times of unknowing "remember". Remember God's presence with you.

Remembering in a prayer exercise the last 24 hours, last week, last year, the full journey of your life, can be so helpful in putting things into perspective, gaining new insight, seeing where God has been in it all.

The thief on the cross said to Jesus "remember me". A beautiful last request. As Jesus listened I wonder if he was remembering the following words: "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you." (Isaiah 49:15).



Moina Michael from the USA popularised poppy wearing to remember those who had served in war. She was a professor of literature. After one speech in which she read the poem 'In Flanders Fields', and wore a silk red poppy to remember those who had died, she was given \$10. She went and bought 25 paper poppies which she distributed. From these small beginnings much money continues to be raised to help war veterans.

Remembering can have so many positive spin-offs. It can lead to healing, gratefulness, hope, forgiveness, reconciliation, joy, encouragement, love, change, peace, etc.

Let's make time to keep remembering, knowing we are not forgotten. Let's not forget to be thankful for the hidden gifts along our way.

An Exercise

Look Back

Find 15 minutes to remember the last week. Ask God to activate your memory and let the memories run as an action replay. Notice what you did, who you spoke with, where you went, what you saw and heard, what you were thinking, how you reacted, etc. Notice:

- what you were aware of at the time and those things you missed.
- what was good and be thankful.
- what was not so good and where you may need to ask forgiveness.
- any action that may now be required.



Hymn of Peace

Click on the following black and white video link of an animated song written for Armistice Day. As you watch, imagine red poppies being drawn into the artwork. What difference does this make to what you see?

[https://jubilate.co.uk/songs/
hope-for-the-worlds-despair](https://jubilate.co.uk/songs/hope-for-the-worlds-despair)

