

Dear friends,

I have recorded a YouTube video reflecting on the readings set for this Sunday and called it “Walk this way”. If you’d like to watch it you can do so by clicking on this link. <https://youtu.be/V0Z8fF0MGRw>

Or if you’d prefer to read it you can do so by clicking on my Blog here, <https://revmartinjacques.blogspot.com/2020/10/walk-this-way.html>



A rainbow from Bowerman’s nose overlooking Manaton

## Thought for the day

A few weeks ago I did my first session of Yoga in All Saints church hall and thoroughly enjoyed it. Some of you may know that Yoga has its roots in the Hindu religion (although of course absolutely anyone can benefit from it) and harbour some reservations. Actually the church of England has no view on these things as far as I can work out but the Vatican declared at the second Vatican council that they “would dismiss nothing that was good or true in other religions” which is a wonderfully open-minded and sensible attitude to take on life in general, not just other religions.

So, armed with the Pope’s blessing (ahem) I intend to develop a healthier body and mind via this ancient Indian system of body and mind exercise! So whilst we are on the subject of not dismissing anything good or true in other religions let me quote some Sufi poetry.

## It felt Love by Hafiz

How did the rose ever  
Open its heart  
And give to the world  
All its beauty?  
It felt the encouragement of light  
Against its being.  
Otherwise we all remain  
Too frightened.

## The Prayer for Today is by St. Francis Xavier

**FORTIFY me with the grace of Your Holy Spirit and give Your peace to my soul that I may be free from all needless anxiety, solicitude and worry. Help me to desire always that which is pleasing and acceptable to You so that Your will may be my will.**

Love and peace,  
Martin

Please note my new email address is [vicar@rmcommunity.co.uk](mailto:vicar@rmcommunity.co.uk)