

Harvest: Gratitude, humility, and generosity

During autumn the church typically celebrates Creationtide and Harvest. The Harvest Festival at St. Laurence is on **the 21st October** and will be followed by bacon and sausage sandwiches.

Creationtide and Harvest invite us to reflect on the essential goodness of nature, its beauty and its abundance. Our reflections should lead us into feelings of gratitude and humility. The created order is a gift to be received. Creationtide and Harvest remind us that we are the created and not the creator. Psalm 8 captures this thought with supreme majesty:

'When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them, mortals that you care for them,' (Psalm 8 verses 3 & 4).

This autumn why not seek to recapture a sense of awe and gratitude for the world we inhabit?

The challenge laid down through Creationtide and Harvest is, however, to move beyond gratitude and humility and into generosity, seeking to serve the needs of those who have insufficient access to food and clean water, for example. Our harvest prayer might well be that the Lord ***'prosper the work of our hands,'*** (Psalm 90 verse 17).

This harvest we will be supporting the work of two charities: Water Aid and the Milton Keynes Food Bank. These charities, in their different ways, work with and alongside the vulnerable and the poor. As a Christian community we are

pleased to support them through our prayers and through our giving.

Please do join us for the Harvest Festival: **'all, yes all, welcome.'**

In Christ

Rev'd Andrew

Anxiety and depression are two of the diss-eases of our time.

On **Sunday 21st October at 6 p.m.** there will be a short meditative service in St. Laurence church which aims to help people live with, through and beyond these conditions. The service draws on insights from the Christian and Mindfulness tradition.

As many of you may know I have suffered with what I term my twin impostors for much of my life and, am increasingly aware that so have many others.

The forms of mediation have been designed so that they can be used in communal settings or as part of an individual commitment to learning to live with, through, and beyond depression and anxiety.

All are welcome.

Rev'd Andrew

