

## **From your Rector**

### **3rd Sunday of Lent**

During the past week I've spent a good deal of time using Zoom. Some of it has been dealing with organizational matters, some of it has been pastoral work and some of it has been spiritual things. Whilst it has largely been good and productive, I've been quite surprised how exhausting it can all be, and several others have commented on this too. Don't get me wrong, Zoom (and other similar platforms) have been a real bonus to many of us during the pandemic and it has made life easier on several levels, but I do miss the face-to-face interaction with others. It has also meant that we can continue with many aspects of church life such as Lent Groups and PCC meetings. Not only that, but there will be times when it would be useful to be able to use Zoom after restrictions are lifted and we can meet face to face.

I attended a clergy training event during the week... yes, you've guessed it... by Zoom! Towards the end of our time together, the leader stated how important it is for us to nurture and take care of ourselves. Do we nurture ourselves? Are we taking good care of ourselves? God made each of us in His own image and we owe it to Him to be kind to ourselves. Not only that, but when we work from a place of rest and refreshment, we are able to hear more effectively what God is calling us to do and to be and we also become a blessing to others.

I offer this as a thought on our continuing pilgrimage through Lent.

With my love and prayers and good wishes

Your friend and Rector

*Matthew Tregenza*