

Sent to all Missional Partnership Church Secretaries

Hi All,

Hope you are all keeping well and that all is going well for those whose churches are open. Are the new restrictions (in force from today) causing any changes?

Please find attached my reflection for Sunday - I hope it is helpful. I deliberately stayed away from current issues of lockdown so you have something different to read. Hope that's ok.

Keep safe everyone - and remember that Jacky and I are here to help.

Thanks

Ruth

### **Reflection for Sunday 25 October 2020**

Shakespeare once wrote "If music be the food of love, play on".

We should never underestimate the power of music. In a song by 30 Seconds to Mars (Closer to the Edge) a quote at the end of the video says, "Music is everything to me" and "Some people pray, I turn up the radio".

Whether it's a sonata by Beethoven, or a Thrash metal track, music has the power to move us to tears or to action. It lifts us when we're down, it calms us when we're stressed, it enables us to celebrate when we're happy. Music has the power to cross boundaries of age; gender; culture; and class and the types of music available are as numerous as the listeners who hear it.

Music can cross it's own boundaries too. Rocker Ozzy Osborne duets with Elton John. Metallica has partnered with a Symphony Orchestra; anything is possible.

In the Bible itself, the Psalms were seen as the first "hymns" and many of our hymns with which we are familiar are based on these writings. Our hymns are both traditional and "modern" – some of the more recent ones are more than 30 years old!

Singing too is good for your health. If you have asthma, singing can help to regulate your breathing; if you are feeling down, singing can help to lift your mood; if you are developing dementia, singing can bring back days you do remember. And you don't even need to be good at it to enjoy it. A priest I know tells his congregation – "if you can sing, sing loud. If you can't sing – you're the harmony!"

While at the moment, public singing is not permitted, that should not stop us from singing in the shower, in the car, in the house. Singing for me is what keeps me going.

So whether you are a member of a choir or just enjoy a good tune, get those pipes going wherever and whenever you can, safely, and enjoy the variety of emotions that music can evoke.

Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! (Psalm 95:1)

Happy singing!

RevRuth