

Cow Parsley

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

Bible Verse

All men are like grass

And all their glory is like the flowers of the field;

The grass withers and the flowers fall,

But the Word of the Lord stands for ever.

(1 Peter 1:24)

Reflection

The other day I saw at the entrance of a park some cow parsley. They brought to my mind the word "Fragile". Sturdy trees formed the backdrop.



Do you feel fragile at the moment? Perhaps it is because you are scared of catching the dreaded virus or losing a relative or friend to it. Or perhaps you feel fragile because you are trying to do two jobs: working at your job and looking after your children. You are fragile like a balloon being blown up – one more blow and the balloon will burst. Or maybe the fragility has nothing to do with Covid?

The above verse reminds us that although we can feel fragile the “Word of the Lord stands for ever.”

What is the Word of the Lord? Is it only the Bible or is it wider than that?

I find that the most frequent way that God is with me and speaks to me is through nature. What is it for you? Music? Walking? Maybe it is the Bible. Maybe at different times it changes for you. Whatever it is, this is probably the time to be doing it if possible. If you cannot do it what can you replace it with?

As I pondered about the cow parsley I was reminded of delicate lacework. So many strands of cotton making a beautiful, intricate pattern. Each strand necessary to complete the pattern. We are reminded constantly that we each have our part to play. Staying at home is one of them, and that brings to mind The Methodist Covenant Prayer, with its line “*let me be employed for you or laid aside for you*”. Here is the whole prayer:

*I am no longer my own but yours.
Put me to what you will, rank me with whom you will;
put me to doing, put me to suffering;
let me be employed for you, or laid aside for you,
exalted for you, or brought low for you;
let me be full, let me be empty,
let me have all things, let me have nothing:
I freely and wholeheartedly yield all things
to your pleasure and disposal.
And now, glorious and blessed God, Father, Son and Holy Spirit,
you are mine and I am yours. So be it.
And the covenant now made on earth, let it be ratified in heaven.'*

Can you find something fragile to place somewhere to remind you of the Bible verse?

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