

Vicar's Blog

July 2015

Where am I?

Many people experience times of being 'lost'. Maybe a moment of uncertainty – 'what should I do next'; or a period of despair – 'where do I turn for help'; or a sense of anxiety – 'why is this happening to me'.

When we feel lost we need somewhere to turn for support, to find strength and direction. One of the purposes of the Church is to be a place where the lost can be found, or find themselves. The church as a building is a place that people turn to for peace, quiet and prayer. It is place where prayer is offered by and for those who need help. It is a place where worship can give renewed strength. Jesus also asks us to be a Church that is a body of people that cares, who will seek out the lost and offer support.

People who suffer from depression can feel lost, abandoned, hopeless and helpless and trapped in the depths of despair. Depression can lead to feelings of being so lost that it seems impossible to know how or where to turn for help. Fortunately, those who suffer from and struggle with depression can sometimes find help through self-support groups and Holy Trinity Church has been asked to support such a group. Through the charity Depression Alliance we are offering space in our church for a group to meet regularly. This is a new way for us to reflect God's unconditional love to others. Through our trust in God, where there is need may others find peace, hope and new strength.

'Do not let your hearts be troubled, trust in God, trust also in me' John 14.1

Gwyneth