

Vicar's Blog

September 2018

From the curate

Every time I look at the football field behind my house, I am reminded that we live in a health-conscious world. There always seems to be lots of activity, people walking, jogging, training for football or playing a football match.

We see all around us advertisements for fitness equipment, nutritional supplements, health food, gym memberships, and more. Many people are obsessed with taking care of their bodies - of course, that's for a good reason, as we need to keep physically fit and healthy.

In the Bible Paul reminds us that although bodily health is important, we need to be spiritually healthy as well.

'while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come.'

1 Timothy 4

Paul tells us in 1 Timothy that our spiritual fitness is even more important than our physical fitness. We don't want to neglect our bodies, but even more so, we must not neglect our spirits.

In September we look forward to a busy and exciting month. The hot weather over the past few months, has meant we have all been trying to keep cool, needing to remember to drink lots of water to satisfy our physical thirst. There is a lot going on at Holy Trinity to hydrate our spiritual thirst. The first Sunday of the Month begins with our traditional services followed by the celebrate together family service and at the end of September we have our second Sweaty church, an opportunity for connecting with God through sport. Opportunities for spiritual rehydration for all ages.

Part of our spiritual fitness is also sharing in Christian fellowship with others. From 14th until 18th September a group from Leksand, Sweden will be visiting us. There will be a weekend of fun, with opportunity to share in food, a folk dance and to listen to a concert from the Gloucester Charter Band. This will be a great opportunity to meet new people and make new friends.

Fitness is important, as well as physical fitness, spare some time to think about your spiritual fitness. The church building is a precious space, but God's church is the people of God. Be encouraged and enriched in your faith through worship and fellowship.

Revd Caroline