



Nazareth Letter November 2025

A Day of Wonder

Today I invite you to read through the wonderings below and to reflect upon your own responses to the wonderings.

I wonder how silence and contemplative prayer has changed you

It has become central to my life.

This simple act of making space, of finding stillness, of opening up, has become the place to which I return again and again.

As simple as breathing in and out

It is the oasis in the middle of the desert where I can drink

It is the park in the middle of the city where I can walk, breath, or sit on a bench to rest.

It is the space in the midst of the crowd where I can listen beyond self and listen for the harmony in the midst of the noise of discord.

It is the place where gently stripped of defence or pretence I can come before you Jesus, my saviour just as I am.

I wonder how you pray

I need to find a sacred space

I need my body to find its balance, its inner stillness and attentiveness

Less is more,

less clutter, less distraction, more space, more openness, more presence.

There is always the desire to put off,

or to fill space with busyness and the insatiable demands of social media and consumerism

To reach the place which makes prayer possible you have to make room, and time,

But most important you have to enter in.

Not wait on the bank testing the water.

But like a swimmer entering the water

conscious of the height and wonder of the sky above you

and the mystery of the depth beneath you

immersed in the silence.

There is an act of offering in prayer

Offering one's whole self into the providence of God-

Into the place of unknowing

Breath in the Spirit of God
Recognise the Spirit of God within you
Breath out the Spirit of God
In and out

I wonder how you cope with the distractions, worries and fears within: how do you turn off the chatter and constant conversations within your mind.

I cannot
My mind is like a waterfall.
Like a video loop that won't stop and often replays my fears
Yet God hovers over the chaos of my thoughts, dividing the sea and the land-
bringing light and life
Instead of getting tangled in my thoughts I recognise and observe them
I seek space between myself and my whirling mind
Stillness...

Like a plane seeking to fly above the turbulence
Or down deeper than the surface waves
Or simply to hold out my tangled life before God in open hands
Allowing Jesus Grace to see, to touch, to release, to heal- or simply to be with.
Sometimes it's hard
but I try to bring all weathers within me to God
All moods
The consolation and the desolations
and the restlessness of my thoughts and feelings
Somehow to recognise Jesus' presence in the midst of all
To recognise his presence in my heart.

I wonder how you can have time for this silence. Is this way of life a waste of time?

I believe our simple rule of life is like a candle within. We do not need to worry about the waste of wax for we must keep this candle burning within us to light our path.
And each time it goes out- light it again.
This light is never wasted it is needed now.
Our silent time may not be only sitting in a room. It could be your garden, sitting on a bus or train, a park, a beach, a walk, a time of stillness in the midst of the city or the middle of the night when you cannot sleep.

I wonder what is the point of our way of life. Is it only concerned with self and our own well being?

I believe more and more than our seven-fold rule of life is gently rippling outwards, like a pebble dropping into still water
It is not a strategic plan with quantifiable aims and results.
It is much more a growing openness within
A greater attentiveness and love for the world
An awareness of God's presence in the smallest things

A deeper compassion
A tender solidarity to the wounds of others
A being with
A sense of joy even in difficulty
I longing for justice for all
And yet living that justice and equality now even in unequal times
An awareness that in all things we are rooted and grounded in love.
But sometimes I feel so unworthy, so unable, as though I am failing, so conscious of my faults, so unable to be the person I want to be- as though a fraud or as though I cannot live up to all that is expected of me.

Yes and it is through those cracks that the light breaks through.
It is when we become most aware of our need of God's grace that we allow God's grace to soak in.
Humility is fertile land for the seed of God

It is in the deepest cry of my heart that Christ meets me and brings me home.
It is coming back Christ as I am that he meets me, blesses me and clothes me.
The nearer we come to the light of Christ the clearer this light reveals our own inadequacies and sins. But that recognition if it is of Christ does not drive us away but draws us closer both to experience his grace and to share that grace with the world.

Sometimes I feel so alone and despairing. God feels far from me and my prayers and rule of life feels empty or even boring and dry. Sometimes my rule of life makes me more aware of emptiness and absence.

I believe that we all face that darkness
Moments of depression or despair
Times of loss or grief,
Times of failure
Accidents and events that make us stumble or fall and become uncertain of the way forward

Where it feels as if I am sinking
When we face the vastness of abandonment
The fear of not being loved
In those times I try to see the grief or despair not as my enemy
But as a wound entrusted to me to help me seek Christ's resurrection.
The pain which cries out for Christ's healing
Or the problem as the way back to Jesus
And in this darkness I turn and turn again and return to the mercy of God.
I have learnt that in Christ no experience is ever wasted
Each moment, even the most painful can lead us back to him.

I wonder how the Nazareth Community helps you in your spiritual path
I find it hard to be a Christian alone. I find it hard for a sustained period to pray alone.

Being part of the Nazareth Community is like being part of an orchestra with each different instrument adding to the whole.

I need this community to support me as I support them in living this rule of life.

The community keeps me faithful to the rhythm of prayer and service.

The community continually upholds me as I try to uphold them.

I realise that each part of our 7-fold rule of life is impossible without the grace and inclusion of others. I rejoice in the diversity of character and giftedness that each person brings

I give thanks for what each and every person offer to the whole as we weave this cloak we share together.

I wonder what is the grace the Nazareth Community has brought you.

It is the gift of spacious generosity- upholding one another before God. It is a gift that has helped me recognise the love of God in all things more and in each of you who God has entrusted to live this rule of life. In this grace there is a lightness, a joy, a freedom- In Rowan's word there is "release"

It is the precious gift of each of our lives gathered with silence, with service, with scripture, with sacrament, with sharing, with Sabbath time, and staying with,

I wonder why sometimes I feel on the outside

The outside is not always an easy place to be. We may feel lonely or envious or forgotten.

As though we do not matter and our stories are not heard.

But notice too it is on the edges that Jesus meets us

And draws us into his loving heart.

I wonder if you can meet others also who feel on the edge

Making space at the centre into which all can find a home.

Like making bread the centre of the dough is drawn out to the edges and the edges drawn into the centre,

I wonder what the sacrament means to you

Jesus takes the most simple sign. A piece of bread. It is our daily bread. Ordinary. It is a small sign, seemingly hopeless. How can the world be transformed with a piece of bread. But with this simple, ordinary piece of bread Jesus offers us his life. Seeing this bread we see all that he is, all that he offers and all we too through his love can become

Eating this bread my body becomes his dwelling place. But more than that the world- the flesh becomes the sign of his presence each one of us can become the sacrament of his love- his home. The outward visible sign of his presence among us.

I wonder what are your most precious words of scripture

My favourite words of Christ are the Beatitudes. They are Jesus' biography. They are the Gospel. They are his call to me to utter simplicity. To be open in my poverty to the riches of his grace. To move down in order to be lifted up, to recognise my need of mercy to become more merciful, to discover through humility Jesus' presence within and within the world. To move from doubt to faith, from longing to love, from fear to resurrection. To become his peacemaker through the gift of his peace within. I would like to live these beatitudes more and more.

I wonder what is your favourite words from St Paul

There are many but I think the passage of great guidance to me in the life of community are the words of Romans Chapter 12

I wonder how you spend your Sabbath time

There are so many ways that God offers to replenish my spirit

The beauty of the trees

The river

The park

The book I am reading

The radio programme I love

The song

The painting

The friend

The loved one

The child

The animal

The sunlight through the trees

The bed where I rest

I wonder how to stay with this Nazareth rule of life

The most important thing is to keep on turning up. Whatever the weather. Whatever the feeling within. There is I know moments of great joy.

There is too moments of struggle and despair when I will long to give up

But it is in the daily turning up in love and out of love, in joy and in sorrow

that I learn the meaning of your presence and that nothing, nothing can separate me from your love.

The Nazareth rule of life provides the rhythm

The pattern

The break-water

The shelter

The trellis for growth

The scaffolding for renewal

The prayer

The corner-stone in Christ

Bible Passage

Romans Chapter 12

The New Life in Christ

I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.

[For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgment, each according to the

measure of faith that God has assigned. For as in one body we have many members and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the encourager, in encouragement; the giver, in sincerity; the leader, in diligence; the compassionate, in cheerfulness.

Let love be genuine; hate what is evil; hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal; be ardent in spirit; serve the Lord. Rejoice in hope; be patient in affliction; persevere in prayer. Contribute to the needs of the saints; pursue hospitality to strangers.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice; weep with those who weep. Live in harmony with one another; do not be arrogant, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God, for it is written, "Vengeance is mine; I will repay, says the Lord." Instead, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink, for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

Wonderings

Which of these wonderings speaks to your heart today

How would you reflect upon these wonderings

I wonder what is the new life you seek

I wonder what you are discovering along the way