

Along the track

My Favourite Day

This is the day the Lord has made, let us rejoice and be glad in it. (Ps 118:24).

It is a very long time since I read Winnie the Pooh, but I do remember these lines: "What day is it?" asked Pooh. "It's today," squeaked Piglet. "My favourite day," said Pooh.

Today might just look like any other day, but it is not. It is a gift. We did not earn this day, we didn't merit it or have some inalienable right to it. This day is a reminder that each of us has the gift of life and all that it offers. That alone is cause for rejoicing. But despite the fact that it may look like any other, same old, same old, it will be unique, unlike any other if we choose to make it that way. There may have been many days before in our lives but it is how we face this day that counts, the attitude we bring to it, the sensitivity to the great and the small we will encounter today, what we contribute to it, what we take from it.

Each day is a holy place. It will be filled with opportunities to receive the gift of God's grace, beginning with the first rays of the sun when we can see the beauty of God's creation. St Paul wrote: *We are friends of the day. Therefore, do not continue to sleep as those who have no vision, but wake up and rise with the new day.* (1 Thess 5:4-6). Some of us are 'people of the morning', others don't really come alive for some hours, but we are all friends of the day.

Each day reminds us that it is easy to take so much for granted – we see the same things most days without realising that many people can't see at all. We complain about the weather, without realising how that reflects the delicate balance and needs of nature itself. We can race through the day with heads bowed, not seeing the simple wonders that surround us. There will be good days and bad ones, difficult times that bring challenges and others that bring joy and happiness. The Lord will always be a part of them all. This day might remind me that sometimes I expect too much, success at every turn, happiness in everything I do. What happens today might help us understand that God is found in both happiness and disappointment, pain as well as comfort, and that God is always in the present.

Not every blessing will be visible. Every day we can be more aware of the gift of our loved ones, the gift of friends. This holy day gives us the opportunity to affirm the ones we love the most, to build our friendships, to reach out to those we meet, however briefly, along the way today. We meet God through the people we encounter today, people with a unique and sacred story. We all have a unique story entrusted to us, a mission, a purpose. We are part of God's vision for our world. We can choose to be a blessing today, to make a difference to another's life, to another's sadness, we may have the opportunity to speak out for those who have no voice or are not being listened to.

In this holy day, things will happen to us, and we will make things happen that will bring us happiness, that may sadden us, that may challenge us to change and grow. We can rejoice in the simple pleasures we take for granted - the pleasures and joys of hearing music or the laughter of children, the pleasures of eating and drinking, the quiet cuppa, the moment of peaceful quiet. Happiness, joy, peace does not simply happen to us. We have to choose them every day, but we don't have to go far to find them. They are here today waiting for you.

This day may present us with this gift, the opportunity to redress yesterday's mistakes and make amends where I need to, to forgive and forget, to be reconciled. What bridges should I mend, what relationships should I heal, who needs to hear from me?

But perhaps the starting point is to live in the present moment, living each day, not in the past or worrying about the future but learning to enjoy the fleeting moments of grace in things that pass so quickly, the little moments, that slip so quickly by in my busy life.

Regards
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