

Good morning everyone and I hope that this email finds you all well and coping with this strange way of life.

Our thought for today comes from John 21: 1-14

Just after daybreak, Jesus stood on the beach.....Jesus said to them , 'Come and have breakfast. 'Now none of the disciples dared to ask him, 'Who are you ?' because they knew it was the Lord.

So here we are near the Sea of Tiberius in Galilee and Jesus again appears to his disciples ,this time on the beach. The disciples had clearly returned to their families and were back at work. This particular morning they were struggling to catch any fish but on obeying Jesus and casting their nets in a different direction, they made a remarkable catch.

They realise who the stranger is, "It is the Lord !"

Peter is straight out of the boat , while the others pull the boat and drag the net to shore.

"Come and have breakfast", Jesus says to them and gives them some bread and fish which had been cooked over a fire.

"Come and have breakfast" how wonderful that must have sounded to the hungry fishermen. How wonderful to see Jesus again .How friendly and intimate a scene and how simply and sensitively Jesus deals with the disciples . He knew their needs and their hunger.

Jesus could have gone to the Temple or to Calvary to show the crowds that He was alive but instead chooses to cook breakfast for his friends, giving them a strong experience of His closeness . Here there is food, love, warmth and great joy!

We are told that eating breakfast is a good way to start the day, breakfast with Jesus is even better. Imagining Him saying to you "Come and have breakfast" .He knows our needs and our hunger .

In these difficult times it is good to live one day at a time and to welcome Jesus at the start of each day, being simple and real in our prayers , giving Him our thanks and praise and asking him to be part of our day.

May these words help and 'speak' to each one of us today...

May God envelop you in the warmth of his love

and place a circle of protection around your life

May he surround you with his loving care

and enfold you in his peace - peace within and peace without.

Amen .( Celtic Blessing )

Sending good wishes to you all, do keep in touch and let me know if you need any help

Love and Blessings

Judith