

## Reflection 25 August 2020

### Run the Good Race

Something which struck me the other day was that living through these very challenging times is like running a race, not a sprint but a marathon, although we didn't have any pre-warning in which we could train in readiness beforehand. Yes, no doubt councils and businesses had created strategies in case of a pandemic but, being realistic, no one really knew what we would need until we experienced one first-hand.



Thinking about the race of life then reminded me that, in my previous church, I took part in acting out 'running the race' in order to bring to life Bible passages like:

#### Hebrews 12:1-2a

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith.

#### Acts 20:24

However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.

#### 2 Timothy 4:7

I have fought the good fight, I have finished the race, I have kept the faith.

The 'actors' were dressed as different kinds of people, who ran the race in their own particular style. I took the part of an eccentric lady, who ran around the church at a rather unsteady gate. This dramatization shows me that although we are **all** experiencing 'the race of life', each one of us is different and we meet the challenges in our own way – no one way is right and we need to respect each other's views and try to help each other. Lockdown restrictions are now very much localised and even within our own communities we find varying interpretations of the measures. However, we can all look out for each other, and little acts of kindness will mean a great deal these days. For example our neighbour noticed that our number plate was hanging off the front of our car and rang the doorbell to warn us ( I'll explain the reason in a minute\*) and a neighbour of our daughters has kindly invited the whole family to use her very large garden so the children can enjoy letting off steam, playing games and riding round the paths on their bikes/scooters.

\*We were very blessed that, after a scary drive home in the floods from Heacham, the only damage to our car was a broken number plate mounting.

And to end, something which made me smile and I hope it does you too. On our walk round Thompson village recently we heard a squawk and, looking into a garden, saw a parrot, perched on a lady's shoulder, enjoying taking the morning air! I had no idea there was a tame parrot living there which, apparently, is frequently seen riding on its owner's shoulder (the lady's brother) as he bikes about the village – the remarkable things you discover on your doorstep in lockdown!

