



*“In the beginning was the Word,  
and the Word was with God,  
and the Word was God.  
He was in the beginning with God...  
in him was Life,  
and the Life was  
the Light of all people.  
The Light shines in the darkness,  
and the darkness did not overcome it.”*

*John 1: 1...4*

*‘The Light shines in the darkness, and the darkness did not overcome it.’*  
Today it is this verse which stands out for me in these first lines of the Gospel according to St John, which we will be reading on Christmas Day. Pondering God's gift of Light and Life, and wondering what it might mean for me today, I came across these lines by Herbert Hahn:

*‘Only when I think brightly, my soul radiates.  
Only when my soul shines, is the earth a star.  
Only when the earth is a star  
am I in truth a human being.’*

To think brightly? This can be so difficult, especially in difficult and painful times such as we are living through over this last year. Thoughts enter our hearts and minds without us having much power in deciding what they will be.

However, if we can't decide which thoughts enter our hearts, I would think that we have a choice about what we do with them. We could acknowledge and welcome them all, without judging ourselves or feel guilty about them.

Stepping back for a moment, praying for the gift of Wisdom, we could then decide which ones we feed, and which ones we gently let go of. This might need a bit of practice, and some thoughts may persistently come back.

I believe with God's gift of light and life in Jesus,  
our hearts and souls will shine brightly.

*Wishing you  
the Light, the Joy and the Peace  
of the Christ Child  
in this time of Christmas  
and all through the New Year!*

