

## Friends

I was scrolling through the internet the other day and came across the meme: "I'm not glass half full or glass half empty; I'm get a smaller glass and fill it to the brim." I rather liked it - it reminded me of the old song we all sang as children:

Running over, running over

My cup's full and running over

Since the Lord saved me,

I'm as happy as can be

My cup's full and running over.

It reminded me also of a sampler I have on the wall in our flat on Bute which says: "If you love everything you have, you have everything you need."

These are all simple statements which we could deconstruct and pull to pieces if we really wanted to - condemning them as sayings from a simpler time - and yet there is truth in them.

I am constantly amazed by the number of books there are written on the importance of gratitude. Gratitude we are told can help our mental health, our relationships and our understanding of the world. We are advised to keep gratitude journals in which to write down lists of "five things you are grateful for" or to write something down each day and put it in a jar and then pull out the little scraps of paper on New Year's Eve to remind ourselves of all the things that we have had to be grateful for over the previous year.

Sometimes the writers even note with some sadness, that it is hard to be grateful when we have no-one to thank. I have cause to reflect, as I often do in these types of situations, that the Church had the answer millennia ago and we know exactly to whom we give thanks.

1 Thessalonians 5:18 tells us: "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." As we approach Holy Week via Palm Sunday, we are reminded powerfully of humanity's inhumanity, and yet

even so, we know that after the awfulness of Good Friday at the end of next week, we will be offered resurrection. We truly can rejoice and give thanks.

God bless

Vicci