



**St Mark's Church, Reigate**

May 2025

**Letter from the Vicar, Father Martin Colton**

Dear Friends

How do you start your day? You might already know how different your day can pan out depending on how it started! What if you could pro-actively create a positive and calm start which would make the rest of your day positive, calm and more enjoyable than it might have been!

People of faith have been pro-active in this way for centuries, starting the day with prayer, scripture reading or meditation – basically structuring a mindful space to breathe and begin the new day as you hope it will continue. For Christians specifically, Easter is all about making a fresh and positive start. Each year we again recall the sacrifice that Jesus made, and particularly his resurrection, so that anyone can have a fresh start – a new day to start over afresh into a new life. It is the ultimate in re-focussing and pro-actively making a good start, and the wonderful thing is that the natural world reflects this at Easter time!

Each new day is an opportunity for a better day, and a good start is helpful. Some basics that we could begin with are:

1. Being grateful – speak out what you are grateful for such as this new day/the breath in my lungs/the opportunities in this day, or something personal to you.
2. Speaking out positive statements, such as: "I will carry peace and stillness into my daily activities". Or "I will give my best to the things and people of this day".
3. Making a commitment, such as: "I commit to being loving and kind throughout this day". You might hand your day over to God who has the power to make a difference, and so you might pray: "O God, be in my day – may I make the most of the opportunities that come my way, and give me peace and joy in this day."

Perhaps the most important thing to remember is to actively be mindful of how your day has, or is, beginning. We can 'fall' into our day without actually giving a thought to how it's starting, and before we know it, it's not panning out that well. Every day we are alive is an opportunity to love, to think, to enjoy, to give and to receive – to be an integral part of the great community of the earth each having a specific role to play, each day – however small. The Season of Easter reminds us of the miracle of life – each day we have life let's start that day proactively well!

Every blessing,