

The Rector Writes....

**Let everything that has breath praise the LORD. Praise the LORD.**

*Psalm 150 : 6*

### **Which is the longest month of the year ?**

That is a pub quiz question which you may have come across at some time.

The answer is that October is the longest month of the year.

### **Why ?**

October is one of the seven months of the year with 31 days - but because we put the clocks back on the last Sunday of October it is the only month with 31 days and 1 hour !

I have always been aware of this anomaly because every few years I enjoy a birthday of 25 hours !

As a child I was often asked how I would use this extra hour ? To be honest, when I was a teenager it was just an extra hour in bed, but I think it is a good question for us all to consider.

How will you use the extra hour of October ?

Last month I offered you an alternative version of Psalm 23. This month I would like to stay with the theme of the Psalms and offer as a potential answer to that question, Psalm 150 :

#### ***Praise the Lord.***

***Praise God in his sanctuary;***

***praise him in his mighty heavens.***

**<sup>2</sup>*Praise him for his acts of power;***

***praise him for his surpassing greatness.***

**<sup>3</sup>*Praise him with the sounding of the trumpet,***

***praise him with the harp and lyre,***

**<sup>4</sup>*praise him with tambourine and dancing,***

***praise him with the strings and pipe,***

**<sup>5</sup>*praise him with the clash of cymbals,***

***praise him with resounding cymbals.***

**<sup>6</sup>*Let everything that has breath praise the LORD.***

***Praise the LORD.***

An extra hour to think about spiritual things, and to quietly and privately praise God for everything and everyone in our lives might not be our first thought at the end of this month – but it might just be a very positive and fulfilling use of our extra hour of October !

We don't have to be stuffy about it either – how wonderful it would be to see folk dancing and singing out of sheer excitement of all that God is and does !

October is a really busy month of events and opportunities to praise God. Do join us for any and all of the events planned in and by our churches. If you don't yet receive our weekly 'Pews News' do contact me or Louise in our AVMC office and we will add you to the distribution list so that you can keep up to date with all that is happening.

With thoughts and prayers

Clive Sedgewick