"FROM ONE BEGINNING TO ANOTHER"
A START-OF-YEAR CHAPLAINCY THOUGHT FOR THE MONTH: OCTOBER 2022 by Nick
disorientating and scary times, but that doesn't mean we run away, it doesn't mean we try to go back to the certainties of our past.

I'm filming this today in my mum's house; I'm visiting her for a few days and whenever I come home I'm surrounded by reminders of my past: photographs of me as a child, or as a student, or as a husband; and nostalgia, this longing for the past, can often have a really nasty grip on our lives, even though we all of us know that there is only one direction that we can live our lives and that's moving forwards. So I want to suggest that when we come to these times of change and uncertainty, we cultivate the virtue of gratitude as something which will keep us steady through these times.

This is the season of gratitude in the Church, because its Harvest time, and Harvest above all is thanking God for the good things that we've received. And I want to suggest that at this moment of transition you have a strong sense of gratitude to the people who have helped you get where you are now, those who have loved you and cared for you and supported you; that you have a real strong sense of gratitude for the experiences that you've had, even if they've been difficult ones, but the ones that have shaped you and moulded you into who you are now. And also that you have a deep sense of gratitude for the places, the secure and safe places which have given you the confidence and the strength to move out beyond them into unknown situations.

At Harvest time I always give away this book, its called 'Gratitude’ and it was written by Oliver Sacks. And Oliver Sacks was a neurologist and he died in 2015 of an incurable cancer. And he, in his lifetime, faced all kinds of discrimination and disruption and change and setbacks, and yet when he comes to the end of his life, he wants to say this:
'I cannot pretend I am without fear, but my predominant feeling is one of gratitude. I have loved and been loved, I have been given much and I have given something in return, I have read and travelled and thought and written. Above all I have been a sentient being, a

