

August 2024

Archdeacon Nicky writes...



One of the joys of August is a slower pace of life for many of us. Schools are closed, church meetings stop, traffic is less and amazingly the number of emails sent and received reduces. This year I am particularly grateful for that lull to settle my family into our new home in Baslow - watch out for open invites to social gatherings in the Autumn.

Moving house in July was a mentally, physically and emotionally exhausting process. I've been decluttering, packing, planning how to utilise a new space, and considering how to puppy-proof our home and garden.

Alongside the physical move, I've been reflecting on what opportunities being in a new house gives me to do things differently. What habits and practices do I want to jettison along with the rubbish I've been steadily filling my bin with? How can I declutter and simplify my life and ministry so that everything seems manageable and I don't get overwhelmed by people's expectations and the demands made of me? What might I delegate or pass on to others that will be life-giving and energising for them and make life simpler for me in the same way that I have passed books, jigsaws and clothes on to charity shops to benefit others?

I hope August brings you time and space to relax, rest and reflect. Through Scripture God encourages us to rest - demonstrating rest from work in the creation story, commanding rest through sabbath in the

10 Commandments and Jesus modelling time for family, friends, pray and rest. As we explore new places, spend time with family and friends, go on holiday, enjoy our gardens and the beautiful countryside surrounding us, I pray we will feel refreshed and renewed.

And while enjoying a more leisurely pace, I encourage you to reflect upon your work-life balance and take the opportunity to reset and establish healthy practices and boundaries that will enable you to flourish and thrive for September.

I pray that spiritual decluttering will help you recognise what God is asking you to keep and prioritise and what he is inviting you to let go and leave behind so you are ready for all that the Autumn term brings.



The Venerable Nicky Fenton
Archdeacon of Derbyshire Peak and Dales