



GSO Padres' Ponderings

WHEN BAD THINGS HAPPEN.

We continue to live in interesting times with much to view in our news and current affairs as challenging and frightening.

Fred Rogers famously said "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." Where are the helpers? That is the question that provides us something to look towards.

There are inspirational stories, of men and women placing themselves in harm's way to help.

And whenever we see love in action, whenever we see people rally round, whenever we see someone determine that in the midst of tragedy they will not be bitter but will make things better we witness how hatred will never win. The point is that our suffering does not need to define us, it and we can be redeemed through the loving actions of others and, for those of faith, by a God who sees our struggles and can walk alongside us through them. When we are asking the question of why some tragedy has happened we can look instead at how other people and God might be redeeming that situation, robbing suffering and death of their power and giving birth to hope, compassion and peace in their place.

Thought for the Day:
"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."
 C. Spurgeon

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RESOURCES

The Church of England has prayer resources for the Armed Forces.

[Prayers for the Armed Forces | The Church of England](#)

Nicholas Lavery has some reflections on personal military ethos that may be of interest:

[Living by an Ethos | Nicholas Lavery | TEDxChagrinFalls](#)

Rory Sutherland explores the role of perspective that may prompt thought:

[Rory Sutherland: Perspective is everything](#)

If you want to explore mindfulness, then Headspace is worth a look:

www.headspace.com

