

## Reflection – Spring equinox

The Solstices and Equinoxes are landmarks in the cycles of life on Planet Earth and for that reason human beings have always acknowledged these changes of seasons. Without these cycles of renewal and bestowal, all life would cease to exist. When we express gratitude for blessings bestowed, we are linked with the peoples of different lands, cultures and centuries who have given thanks as the precious cycles of the earth replenish us..

The spring equinox marks equal hours of light and darkness; it is a time of vibrant growth in the natural world, an inspiration for accelerated growth in our lives. It is an opportunity for celebration of the spirit running through us all. The compassionate recognition of those less fortunate and prayers for release from hardship are appropriate in this Spring Equinox season

Prayers for World Peace are traditionally made around the globe at this time. People of all religions and ideologies gather together to reflect on and give thanks for the turning of the seasons and to live in hope of greater harmony among the peoples of the Earth. We ask all people to join with others in prayer on 21 September.

To make the connection between prayers of peace, and the living present on the Earth, it is recommended that we focus our intention on particular areas which are currently in need. The peoples and the land in Tibet, Iraq and Zimbabwe come to mind.

