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Don't ask me why this is on my mind at the moment, but if you're trying to lose weight don't weigh yourself every day! One morning, the scales are encouraging; the next, they seem to tell a different story. Progress rarely moves in a straight line. There are good days, bad days, setbacks and small victories — but what matters is the long-term direction.

I think our spiritual life is often much the same. Some days we feel close to God. Prayer comes easily, and our faith feels steady and alive. Other days, we feel distracted, tired, impatient, or distant from God. Even if we get something right one day, when we get it wrong the next it can be tempting to think we are failures. But, like weight loss, what matters is the long-term direction. Are we loving God and others more than we did this time last year?

Becoming more holy is not usually dramatic, not in my case anyway. It grows slowly and quietly through the small decisions we make each day. Am I going to read the Bible? (And take to heart what it says!) Pray? Forgive? Will I allow God to make me into the person he created me to be?

So if today feels like a step backwards, do not lose heart. Keep going. It is the direction of travel that matters most.

"I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ."

Philippians 1:6 (NRSVA)

Looking forward to the week ahead...

We meet at 10am for **Morning Worship on Sunday** (24th) to celebrate Pentecost. I will be leading and speaking on Acts 2: 1-21 and John 20: 19-23, as we look at why God sent the Holy Spirit to the church and share communion together.

It's half term this week, so some changes to the usual activities for the week; the church office and church itself is closed on Monday (Bank Holiday), and there is no Cygnets this week. We are still meeting for prayer on Tuesday (26th) at 6.30 pm, 'Singing at St.B's' on Wednesday (27th) at 7.30 pm, and our Coffee Morning is taking place on Thursday (28th) at 10 am.

All the details can be found on the church website:

[Church calendar and events](#)

Everyone is a part of the church

God sent the Holy Spirit to the whole church; there are no spectators, no one not holy enough to take part in building God's church. Yet, we have gaps in our rotas. Can you help with refreshments after the Sunday service, or reading the Bible or leading our prayers on a Sunday, or setting up for communion? *Our biggest need is someone to help advance the screens during a service.* (The setup of the screens will be done by the service leader during the week) This can just be once a month on a rota. It works best when it isn't the same person every week. Please let Sharon, or me, know. Thank you.

Keep cool, and have a great week

Kevin

Revd Kevin Barnard, Vicar of Swanland

Day Off: Friday

The Vicarage, 3 St Barnabas Drive, Swanland. HU14 3RL

Tel: 01482 590973 Email: vicar@stbchurch.org.uk

Texts and WhatsApp only: 07880 288124

Church Office:

For all administrative enquiries, including hall hire, weddings, baptisms and funerals.

Mon - Thu 10.00am - 12.00pm

St Barnabas Church, Main Street, Swanland. HU14 3QP

Tel: 01482 632941 Email: admin@stbchurch.org.uk

A Church Near You: achurchnearyou.com/st-barnabas-swanland

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Our parish of Swanland is committed to safeguarding children, young people and adults from harm. Read [our policy](#) here. For concerns, please contact our Parish Safeguarding Officer Graham Dunn, phone 07974 020837 or email safeguarding.stbchurch@gmail.com. If you have immediate concerns about the safety of someone, please contact the police and your local authority's children or adult social care services.



The Parish of Swanland, St Barnabas Church

Reg Charity No: 1130240