

Breath of life



By Bill Pugh

God walked in the garden in the cool of the day at the time of the evening breeze. A busy God needed a quiet walk, a refreshing breeze. How on hot summer days we long for a cool, refreshing breeze. Breath, wind, spirit and breeze are fundamental to human life. Wind drives the scudding clouds and changes the seasons.

Recent experience has reminded me of the necessity of breath. The importance of good, clean air. Signs outside the doctor's surgery urge us to wear a mask for protection and hinder the spreading of bugs. Germs float on the breeze, are passed on by touch and inhaled. Our lungs suffer.

How many workers have suffered and died because of breathing polluted air. Coal miners and asbestos workers have been the victims of lung cancer. Dust mites infect our homes.

To have a lung infection pulls one up with a fullstop. A tap is turned off and life is weakened. Vitality goes. In the beginning of things, God breathed into our lungs, the breath of life and we became living, breathing souls.

Protection of our fragile environment is essential for us to breathe the breath of life. Breath enables us to smell the roses, to appreciate the gifts of nature and to work.

There is another breeze which blows and is significant in the Bible. On the day called Pentecost, it blew mightily on the gathered friend of Jesus, like a rushing mighty wind which brought new strength and empowerment to proclaim the resurrection. So the church was born.

Reflection:

Shortness of breath and physical incapacity underline our vulnerability. During this season of Covid around the world, there are many on respirators, many suffering without respirators and longing for a breath of air. Many dying alone, without family or friends beside them.

Scientists rush to find a vaccine. When will the world return to the seasons which the Creator set in time, for the purpose He intends? More than ever do I value the ability to breathe into my lungs good, clean air. The gift of life renewed every day. And later to sense the calm and peace which comes at the time of the evening breeze.