

BREATH OF AND FOR 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. Breath, wind, spirit breeze are fundamental to human life. Recent experience has reminded me of the necessity of breath. Signs outside the doctors surgery urge us to wear a mask for protection and hinder the spreading of bugs. How many workers have suffered and died because of breathing polluted air. Coal miners, asbestos workers have been the victims of lung cancer. To have a lung infection pulls one up with a full stop. A tap is turned off and life is weakened. 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.

On the day called Pentecost it blew mightily on the gathered friend of Jesus. A rushing wind which brought new strength and empowerment to proclaim the resurrection. So the Church was born. News of this new faith was received by the scholars and philosophers. In Athens Paul was invited to address them on Areopagus Hill. Paul said the real God is revealed and known through his only son Jesus, cruelly condemned, crucified and raised to life on the third day. At the mention of Resurrection, the Council were furious. Dismissing him. The Speaker of the House adjourned the debate with no fixed arrangement. The old prayer reminds us to be “deeply conscious of the shortness and uncertainty of human life”. Shortness of breath and physical incapacity underline our vulnerability.

Reflection:

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.