Hello, and welcome to the **May** 2015 edition of **Quiet Space**

Some time ago, a friend of mine introduced me to the blog ‘Attic 24’. It’s author – Lucy – is a crochet artist and designer and her blogs are mostly on this subject. Occasionally though, she writes about other things. One day, she wrote a post ‘Little Snippets of Pleasures’. In words and photographs she shared the simple pleasures of life that bring her happiness.

So this month, I thought I’d do the same (minus the photos though, I’m afraid!) and share with you the simple things in life that make me feel happy and thankful

* having lunch with a friend
* lovely Spring days when the sun is shining and the sky is blue
* an evening spent knitting and listening to a favourite CD
* seeing daisies and bluebells whilst out for a walk
* a smile from a passing stranger
* hearing stories about human kindness in the midst of tragedy

There is so much wrong in the world today. So many tragedies happen – both natural and man-made. Yet there is so much good too. Sometimes we can be so overwhelmed by the bad, that we miss all that is good.

It is the good things that happen to us – or that happen to others – that help us to know that life should not be defined by all that is bad.

What makes you feel happy and thankful?

[The simple things in life ground me and keep me focused so I'm able to do a good job with what is in front of me.](http://www.brainyquote.com/quotes/quotes/k/kevineuban302318.html?src=t_simple_things)

[Kevin Eubanks](http://www.brainyquote.com/quotes/authors/k/kevin_eubanks.html)

[Everyone can do simple things to make a difference, and every little bit really does count.](http://www.brainyquote.com/quotes/quotes/s/stellamcca424564.html?src=t_simple_things)

[Stella McCartney](http://www.brainyquote.com/quotes/authors/s/stella_mccartney.html)

[Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily.](http://www.brainyquote.com/quotes/quotes/j/jamesjcor229122.html?src=t_simple_things)

[James J. Corbett](http://www.brainyquote.com/quotes/authors/j/james_j_corbett.html)


 **Words for Reflection**

The Lord is my shepherd, I shall not want.
2 He makes me lie down in green pastures;
he leads me beside still waters;
3 he restores my soul.
He leads me in right paths
for his name’s sake.

Peace I leave with you; my peace I give you.1

I do not give to you as the world gives.

Do not let your hearts be troubled2 and do not be afraid.

(John 14:27)

(Psalm 23: 1-4)