



## PROVINCIAL GRAND LODGE OF WEST WALES PRIF GYFRINFA TALAITH GORLLEWIN CYMRU

Tuesday, 31 March 2020

My Dear Brethren

I hope that you and those nearest and dearest to you are keeping safe and well at this most worrying of times.

I am especially grateful to the Provincial Grand Master, well supported by the Executive, for all the encouragement, support and guidance and assistance which the brethren of this Province are receiving, and will no doubt continue to receive. The Provincial Grand Almoner is also being meticulous in the discharge of his duties and I am sure that we are all very grateful to him.

Quite rightly we are encouraged to look out for and assist our Brothers in their need. All of us have different needs and are only able to respond as our own circumstances permit. Currently, it is equally important that we recognise and acknowledge our own needs. This means not being reticent to ask for help of others, and firmly fixing our gaze on the one constant presence able to sustain us always - a Supreme Being, God for most of us in this Province.

God is always with us and He is far more conscious and mindful of us, than we are of Him. So how is it that we can be more aware of God's presence in the midst of our distress?

I suspect that for many of us one day is much the same as the other, and that an extra hour of daylight at the end of the day is not as useful as usual. Having some form of daily devotion in the morning and evening not only gives a structure and pattern to the day, but also enables us to spend some quality time with God. As a clergyman I say Morning and Evening Prayer every day, and it certainly helps me - even when all is well, let alone now. You may be familiar with your own denominations' devotions, or there are innumerable online resources available, or you can make up your own!

The Volume of the Sacred Law (for me the Bible) is God's primary revelation, and as we read those words God speaks anew to us. The words are firmly fixed, but God speaks to our hearts and minds afresh each time we turn to this great light. This is our point of reference at all times.



Our meetings begin and end in prayer. My day begins and ends in prayer, and I pray many times during the day. Prayer takes so many different and varied forms, we may humbly approach on bended knee, or simply sit down in our most comfortable chair and have a think. It is an opportunity for us to talk to God, and perhaps for God to talk to us as our prayers are guided and directed.

My encouragement to you brethren is to consciously spend more time focussed on God. In one or all of the ways I have mentioned above, or other ways, such as exploring what *Solomon* has to say about the Supreme Being. Whatever works for you. God is unchanging and of unending love, and we need to be especially aware of those qualities. In the words of the great Welsh hymn: "*Nesau at Dduw sy' dda i mi*", to draw near to God is good for me.

May I remind you of the great King David's words of blessing of God?

*"Blessed be thou, Lord God of Israel our father, for ever and ever.*

*Thine, O Lord is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all. Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all. Now therefore, our God, we thank thee, and praise thy glorious name."* (1 Chron. 29 10-13 AV)

I am mindful that not every brother has access to email. I therefore humbly ask Lodge Secretaries to send a copy of this letter by post to any brother unable to receive emails.

Remember that your Lodge Chaplains are there to support your spiritual care of yourselves. I am also contactable on the details shown in this letter for any Chaplain or brother who wishes to contact me directly.

I pray God's blessing on you and your family and friends.

Sincerely and fraternally,

*Aled*