

July 9th Here comes the sun

“Here comes the sun”. Those are words that have been flying round my mind of late. Maybe they are more of a prayer and a hope than anything else! But I do love the sunshine times. It brings about a different feel to things and people take on a lighter air. Sun reminds us of times to rest, relax and re-charge the batteries. Indeed in the Bible we often read stories of good things happening in the sun, of crops coming into fruit and life being replenished.

But we can all spread some sun in our lives even when the clouds are dark overhead and the rain comes down. A little smile, a friendly hello, a small gesture of kindness to friend, or neighbour or indeed a stranger. All that makes a difference. I experienced that recently when a police officer went out of his way to point out a different quicker route to the place where we were going. It made a difference and let a bit of sun shine on us and gets rid of some of the pressure. So let's sing “here comes the sun”, but let that sun be you and I as we try and brighten up someone's day, just for one day.

This is Fr Francis Parkinson, from the Catholic parishes of St Brendan, St Columba and St John, Bolton