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GOOD MORNING

Later today, I’ll set out with some friends to cycle from where I live across the Forth Road Bridge and on to Aberdour.  It’s about 13 miles each way – which is enough for me.   A magnificent view, a bit of exercise and a chat over coffee and a scone while we recover for thecycle back again.

It’s a far cry from my visit last Saturday to the Sir Chris Hoy Velodrome to see the cycling in the European Championships.  I hadn’t been before but it was fascinating.  You may not have seen the individual races where two riders play cat and mouse with one another – to the point of standing still – waiting to see who will break for the line in a ferocious sprint.

And I saw the Elimination Omnium where a large field cycled lap after lap – the last person round on each lap was eliminated. It spiced up a long race no end – but inevitably my mind began to play with Jesus’ words about the last being first and the first last.

Much of my life has been about working with people – people and their hopes, dreams and faith.  And there have been thoughts and words – like this Thought for the Day.

But now that I have more time, I’m learning again about wholeness – about the place of exercise and friendship in a full and rounded life – the life abundant that Jesus talked about.

I think that life today can tend to be over-focused and sometimes over-competitive. Down that path lie elite achievement and fulfilment.  The competors lap the velodrome at 51 kilometres per hour – head down, single-mindedly giving it everything.  Yes but I also saw them giving each other a pat on the shoulder – just to say ‘we are all in this together’ because available to all of us is wholeness of body, mind and spirit – healthy living at the deepest level.