

Another Sycamore

This Sycamore Tree is 400 years old. It was 100 years old when the tree in Sycamore Gap was a tiny sapling in the lee of the Roman Wall.

This tree grows in the centre of the old walled garden of Dumfries House Estate, now restored as the Queen Elizabeth II Garden. It is carefully protected and much valued.

It was a Sycamore tree which gave Zaccheaus, the tax collector, an opportunity to climb above crowd height to see Jesus. His life was changed forever when Jesus called him down and visited his house

for tea! Not only did he become a follower of Jesus, later travelling with Peter, but according to some records he became the first bishop of Caesaria.

Trees, it seems, have a habit of changing lives. They are witnesses to events across many generations of humanity. They are significant residents of gardens and places of peace and vitality. The gardens on the Dumfries House Estate (now the headquarters of the Prince's Foundation) have provided countless opportunities for young people, as apprentices, to learn horticultural, arboreal and landscaping skills, and to go on as ambassadors and teachers elsewhere. www.dumfries-house.org.uk www.princes-foundation.org

It is not only the young who benefit from gardening activities, as some students on the 'Learning Haven' scheme discovered whilst discussing the benefits of gardening for senior citizens. They stumbled upon our MU website, which proved to be a valuable resource. One student, Kiel, found an excellent article on the health benefits of gardening for senior citizens and is keen to pass on her discovery. Please do look up what she found and be encouraged to engage in, and promote, whatever gardening or window-box opportunities come your way. www.billyoh.com/resource/benefits-of-gardening-older-adults.

To find more about the online Learning Haven, which supports Kiel and her fellow students in life skills, see www.learninghaven.com A big thank you to Kiel for linking Mothers' Union to the great *world wide web* of gardening. Thank you also for encouraging us to value the *www.* of information and to see how helpful our own website can be to young people.

'The Lord made all kinds of trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of Life and the tree of the knowledge of good and evil.' Genesis Chapter 2. Verse 9

