

# The sun still shines in muddled minds

**A message for the days ahead....**

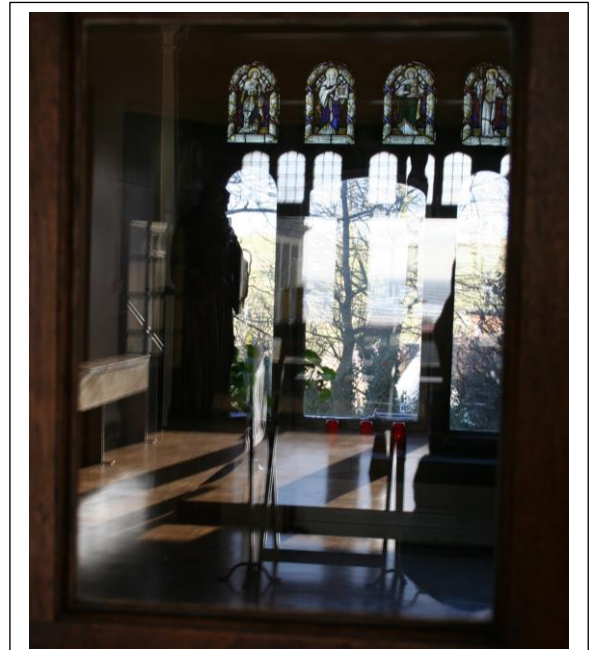
The churchwarden's jacket displayed an array of coloured pins, each one with a significant story. An unusual yellow square pin caught my eye. It bore the words: **'The sun still shines in muddled minds'**.

It is a statement about people who live with dementia. Whether or not dementia has entered our lives, we all know the frustration of negotiating our way round confusing experiences and memories. Still, the sun shines – and often brightly - through the dark muddled-up images in our minds.

Muddled minds are part of being 'human'; from our early days of negotiating our way round huge unfamiliar obstacles, through teenage years of rediscovering who we are, and through our 'adult' decades trying to fathom what to make of world news, social media, politics, personal challenges, relationship tensions, work pressures, and the relentless 'gong' of Big Ben. Sometimes our minds are so full of mixed-up memories reflected in new experiences that we wonder what is real. Memories often get muddled, distorted or lost – like dyslexia shuffles the images on a page. We easily get 'dysorientated' and our intentions lost! "Why did I come upstairs?" is a common experience. If this is you, take heart: the sun still shines.

What will the New Year bring? Who knows? Yet one thing is certain: the sun will still shine. It will not only shine on the (seemingly) righteous! It will shine in our muddled-up living: even through fearful and anxious times, through confusion, through aloneness and lostness. It will shine wherever someone reflects the selfless love of Christ in our muddled-up world. Jesus is the sun that shines in our minds. Jesus, the Light of the World – brings us hope and warmth and life.

**May the Son bless your living this year.**



Alnmouth Friary 2006 – reflections in the glazed door of the chapel. *Photo: AEM*