

jam



Parsnip & Ginger soup



10 yrs



You're Hired!

**Listening
in
Spiritual
Direction**

I
MISS
TIME

allotment produce 2020

Emotionally healthy spirituality

Making BEATS !

poetry

Photo Puzzle 1000 pieces

2024

I miss time

What did I do to fill the hours in lockdown?

Work, Netflix, music—I know it wasn't exercise

I look in photos, I took a lot. It looks like I did shitloads of stuff, but it was over in a flash.

Was I bored? Am I bored?

I was often in a place where no one was screaming for my attention.

I CONTROLLED MY TIME

The fruit of this was that I was able to better able to support and be there for others – when they needed it, not just in the working day.

Time is now strategically managed and controlled again. The control of time has become collective, I can't control it. It's not mine to control.

People still need me though. They need hope, reassurance, a smile, they need my time.

I miss it.

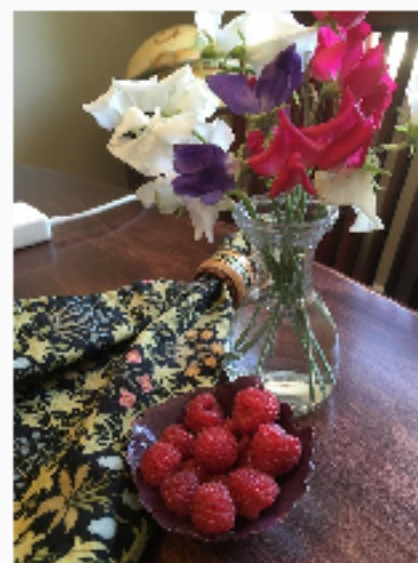


woodland

lime
pickle



125
anniversary
exhibition



LOAFIN 5/6/2018

effectx.com

EffectX

Life notes on wisdom and effectiveness

NOTED

Expectations: Hidden Life Blinders

What are and reveal ways of living beyond your expectations?

Honesty and the lens of awareness includes a tip of a hat to the fact that we are not always seeing all that is possible. What we may see only serves as a window into the world, not the world itself. We are often so focused on what we see, we are blind to the world around us, and blind to the world within us. Life will always hold surprises, but we can minimize the surprises by widening our perspective to see beyond what we see. We can learn to see the world and opportunities in plain view.



LOAFIN 5/6/2018

effectx.com

Questions That Connect

What are the questions that connect you to the world around you?

What are the questions that connect you to the world within you?

What are the questions that connect you to the world of the future?

What are the questions that connect you to the world of the past?

What are the questions that connect you to the world of the present?

New Blog - Firstfruit
of writing and
"sticking my head
over the parapet" -
Jonny's
encouragement to
my enneagram 5
personality!

grace

creation; pure and
spotless let us be; let
us see thy great
salvation perfectly
restored in
thee; changed from
glory into glory; 'til in
heav'n we take our
place, 'til we cast our
crowns before
thee, lost in wonder,



Whatsapp

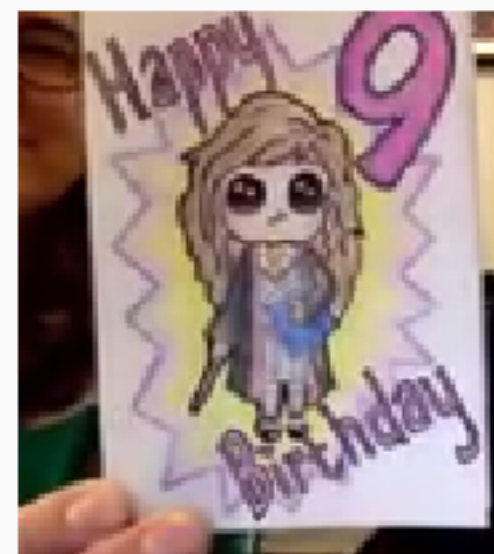
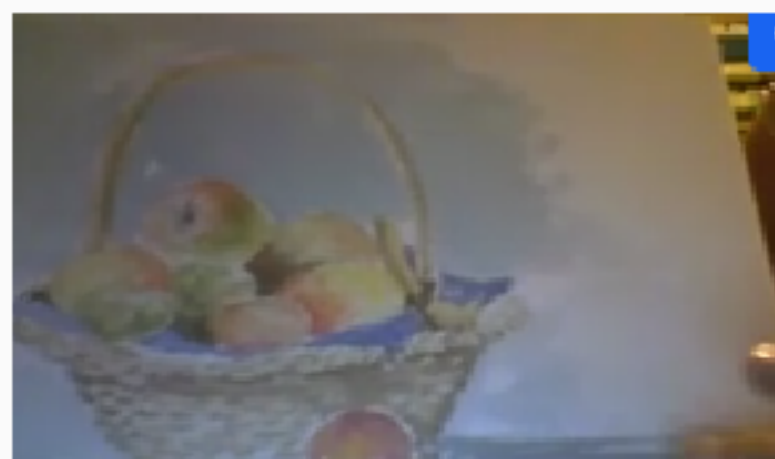


grace



syringes and
medicine -
nursing skills

vouchers for
birthday
presents to be
redeemed
later



Box of
chocolates to
take to the
foodbank



grace

