

Love in Action!

East Window, June 2005

Spirituality is more than just a nice feeling. Although you wouldn't think it when you listen to some of today's 'Body Mind & Spirit' gurus. They offer people a stress-free life, without any need to concern ourselves with the world's problems or the troubles of others. They change meditation and prayer into ways of relaxing out of the world and forgetting the needy. But Jesus teaches us to pray very differently. He tells us to pray for his Kingdom to come, "here on earth as it is in heaven." Jesus expects us, here and now, to put love into action just as he did.

That's why I enjoy being a patron of a 'love-in-action' project called InterAct. Working from its base in the ancient Moulsham Mill, Chelmsford, InterAct is founded upon the Christian ethic and asks all people of good will to join them in their love-in-action work all across Essex. InterAct's mission is to enable people with mental health problems or learning difficulties to transform their lives – and it's now working with over a thousand people a year in the County! It also provides employment by recycling computers and sending them to training centres in the 'two-thirds world', and that helps over eighteen thousand people in Africa to be more self-sufficient.

InterAct has grown over the years and now employs 55 people and has over 300 volunteers – but it wants to continue strengthening its roots and support in all our churches. Even if you live a long way away you can help by remembering the work in your prayers and by sending financial support if you can. If you are located in Essex, volunteers are always welcome.

Why not join with me individually or as a parish in supporting this vitally important work in practical ways? You can find out how to support InterAct by ringing 01245 608250 and speaking to Simone Robinson, or by visiting us on www.interact.org.uk

As Bishop I visit so many fine love-in-action projects operating in churches and elsewhere – I just wish that more people could see these fine examples of what it means to be true to our Christian Faith. It's great to think that InterAct is there as just one effective way of insuring that our Spirituality is not flimsy and limp but faithful to the example of Jesus, the man who put love into direct action!

God bless,

+ *Laurie Bradwell*