

Wows

The Wows

These are the moments of awe and wonder: the times when you want to breathe in, capture the feeling and hold onto it for as long as you can.

Ows

The Ows

These are the things that can go wrong, in both our own lives and the wider world; they can knock the breath out of you.

Nows

The Nows

These are the everyday ordinary times: being able to be present in the moment; thinking of what we have now and how lucky we are to be here, now; and being thankful – God is not just for emergencies.

Spirituality

