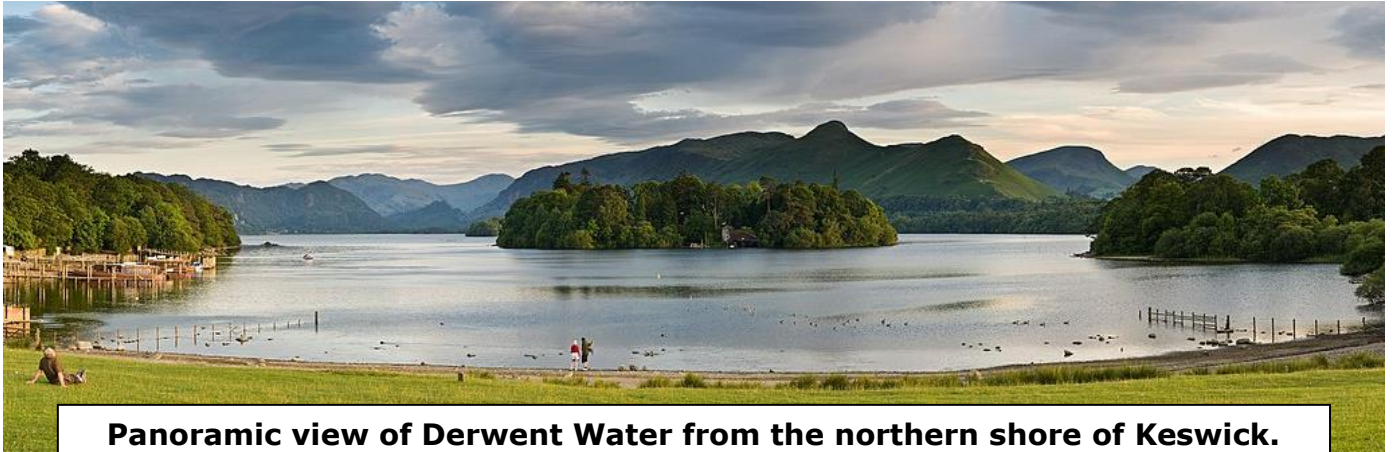


## The Lakes



**Panoramic view of Derwent Water from the northern shore of Keswick.**

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As many of you know I live in the North-West of England, just over an hour's drive and I could be in the Lake District, an area of mountains, hills, forest, and of course water. Hardly surprising it is an area that attracts 100,000's of visitors each year.

My first memory of the Lakes of a week in Keswick, close to Derwent Water and the Keswick Convention. The Keswick Convention started in a small in Keswick in a vicarage garden in 1875, it now has over 12,000 people attending the summer gathering. The purpose of the convention is 'to hear the Word of God and to sing God's praises, to be encouraged, inspired and equipped to love and live for Christ in His world.'

It was the 1960's I first attended the Convention. It was inspiring and helped me become more aware of God's calling and direction for the future. It was a good experience and I attended it the following year.

The Keswick convention still meets each summer for three weeks run by Keswick Ministries, it is free and there is no booking fees. It offers other events throughout the year. It is based in the old Pencil Factory which it acquired in 2015 and has been renovated.

The Lake District is a place of rugged beauty, if you allow it can touch your senses and become enveloped in the peacefulness as you gaze out across any of the less popular lakes or visit them out of season. The Lake District can become a place of retreat where you find an inner stillness within the beauty of the surrounding, the movement across the water, the colours around you, are there really so many shades of green?

Of course, there is more to the Lake District than this tranquil setting. There is the hustle and buzzle of the towns and tourists. The weather can be changeable, and you

witness the other side of the lakes as the wind and rain sweeps across them. A reminder of the powerful force of nature.

The Lake District is also home to a number of Christian Communities who offer Outdoor pursuits for there are places for quiet retreats. One community is in the village of Loweswater.



It is not surprising that for many people visiting the Lake District it is a spiritual experience. People of faith and of non, find something special in this National Park and UNESCO World Heritage Site. The Buddhists also have the Manjushri Kadampa Meditation Centre in Ulverston, Cumbria.

There is so much to that our sense can go into overload but if you pause, gaze and slow take some deep breathes a calmness can be found, something bright and beautiful.



## Behold, it is good!

Slowly pour out a glass of water

Hear the water as it flows into the glass.

Find your favourite space for this time of prayerful reflection

Place the glass of water on a table and light a candle.

Slow down, breathe calmly, be comfortable and relax.



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Spend some time looking at this photograph of the Glenridding village and Ullswater. This view is looking east from the hills at the start of the ascent to [Helvellyn](#).

Don't rush this gaze, take your time. Imagine you are sat looking out across Ullswater

Behold, it is good!

A reading from Genesis chapter 1 (v6-12)

And God said, "Let there be a vault between the waters to separate water from water." So God made the vault and separated the water under the vault from the water above it. And it was so. God called the vault "sky." And there was evening, and there was morning—the second day.

And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good. Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good

### **Water by Philip Larkin**

If I were called in  
To construct a religion  
I should make use of water.

Going to church  
Would entail a fording  
To dry, different clothes;

My liturgy would employ  
Images of sousing,  
A furious devout drench,

And I should raise in the east  
A glass of water  
Where any-angled light  
Would congregate endlessly.

### **Pause**

When asked about how to pray Jesus gave these simple but profound words, so let them be our prayer:

Our Father, who art in heaven, hallowed be Thy name;  
Thy kingdom come; Thy will be done;  
on earth as it is in heaven.

Give us this day our daily bread and forgive us our trespasses  
as we forgive those who trespass against us.

And lead us not into temptation;  
but deliver us from evil. Amen

We close with the hymn All things bright and beautiful with the Chet Valley Churches



<https://youtu.be/RCLGIpmoGZs?si=GNwQoCRwEUudwmUm>

Fr Derek Akker

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(Derek is a retired Anglican Parish Priest and a member of the congregations of All Saints & St James. Prior to his ordination he was accredited as a Methodist Preacher in 1968 and served within the Methodist Church until returning to the Anglican Church in the mid 1980's)

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Parish of Kirklees Valley, Bury, (All Saints, Elton & St James, Woolfold) - In the Diocese of Manchester

**Image - Impact of a drop of [water](#).** Featured picture, Picture of the year, Picture of the day  
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