



## YMCA Wimbledon Chaplaincy

with Jonathan

**PLEASE CONTACT US IF YOU WOULD LIKE TO RECEIVE A  
WEEKLY CHAPLAINCY SHEET OR TO SPEAK TO THE TEAM**

**Hi everyone,**

It's been Mental Health Awareness Week - And I hope this email finds you physically, spiritually and mentally well, if not read on.....read on anyway.

The awareness week's theme this year is Kindness Matters. Now I always think that showing kindness gets a bad press. It's as if it's not taken that seriously and is seen as slightly weak and flimsy. The truth is far from it. It's often synonymous with compassion which comes across as much stronger. Showing Kindness and Compassion is mentioned in the Bible as one of the fruits of the spirit (Galatians 5 v 22-26), a great couple of verses and worth a read.

I love the quote which says:

"If you want to make others happy, practice compassion. If YOU want to be happy, practice compassion" (Dalai Lama)

So, showing kindness is good for us! For you and for me! And is a brilliant way to get people thinking about Mental Health Week.

### **Reflect & Think - YOU ARE AMAZING!**



Next time you look at yourself in the mirror, take a moment to remind yourself how amazing you are as a human being! One hundred trillion cells (that's 100 with 12 noughts on the end), each containing DNA storing enough information to fill 1,700 average Bibles. And not only information, but instructions for how that information should be used - in millions of ways millions of times every day, just in order to keep you alive.

But you're even more amazing than that! DNA is fragile and scientists estimate that in every cell in your body about one million breakages occur every single day - breakages that if not repaired would lead to catastrophic results. So your cells contain enzymes that repair the damage - a million times a day in 100 trillion cells.

But here's the best bit - the enzymes don't know what to do to repair the broken DNA without instructions that are contained - in the DNA! Now there's a chicken and egg problem if ever there was one.

So whether you have the faith to believe that all this just happened to come into being purely by chance, or the faith to believe that a loving Creator God is behind it all, one thing is for certain: you are amazing! [Simon Alloby]

**I read this as a Blessing**  
**- as if God is saying it to me!**

**Have a go yourself**



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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

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HEALTH & WELLBEING

TRAINING & EDUCATION