

THURSDAY 16 DECEMBER

Today's challenge

Make one less fuel-filled journey each day.

Reflection

Most of us will be travelling today; going to work, on the school run, popping out to the shops ... For many it can be a cramped, frustrating experience. More often than not our travelling is simply about getting to our destination as quickly as possible; it can feel like lost time.

A recent headline stated “UK commuters waste 4.6 million hours a day”.

A journey, like Advent itself, is an opportunity, for discovery, for seeing and hearing new things, for listening, for prayer and reflection, for conversation and companionship.

It has the potential to surprise.

A journey is not wasted time, it's a gift.

So, if you possibly can, slow down and enjoy the journey. **John Kiddle**



Reading Luke 24: 13–15

Jesus came near and started walking along beside them. (Luke 24:15)

Did you know... ?

Domestic transport is the source of around 24% of all domestic CO2 emissions in the UK?

Prayer

Christ the stranger
who walked alongside
friends in their sorrow
and shared
their bread,
give us grace
to walk
with others on
their journeys
and so become
true companions.



Take a look

“Cut the Car” and take
a ride on the new community rickshaw
scheme in Suffolk at

www.readysteadyslow.org/dec16