

# Peace and restoration

Hanna Rion has said:

'The greatest gift of the garden is the restoration of the five senses.'



Our need for restoration may not be as extreme as items arriving at The Repair Shop but we all need to be restored in some way regularly.

Hopefully, you will have been restored after a good night's sleep, you will have the energy for another day by having had a good breakfast and perhaps will have walked to school and had some exercise.

Gardens and the sounds that we hear there can often have a restful effect on us. It is a gift, somewhere we can be restored. We all need to spend time in an outdoor space. It is helpful to be still, close our eyes and take in everything that our senses are stimulated by.

Half term is approaching; hopefully it will be a time of restoration. We can all leave behind the stuffiness of classrooms, get outside and enjoy autumn days with a mix of a bit of sunshine and a bit of rain.

Thank you, God,

For eyes to see, for ears to hear and for our senses of smell, taste and touch. Thank you for your beautiful creation. Help us to take time to enjoy it this autumn, to be refreshed and restored as you intended us to be. Amen