



The Brecon Beacons: No, we didn't scale them, but the view to them was impressive.

Psalm 95

1Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.

2Let us come before him with thanksgiving and extol him with music and song.

3For the LORD is the great God, the great King above all gods.

4In his hand are the depths of the earth, and the mountain peaks belong to him.

5The sea is his, for he made it, and his hands formed the dry land.

A British August. What a month of weather contrasts: blazing sun and temperatures over 30C: heavy rain and flash flooding: then Storm Ellen with her violent winds. It's no wonder that our weather is such a frequent conversation topic. It did produce some wonderful skies though.

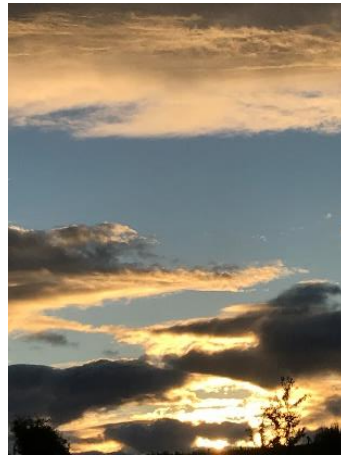
*All creatures of our God and King,
lift up your voices, let us sing:
Alleluia, alleluia!*

*Thou burning sun with golden beams,
thou silver moon that gently gleams,
O praise him, O praise him,
Alleluia, alleluia, alleluia!*

*Thou rushing wind that art so strong,
ye clouds that sail in heaven along,
O praise him, Alleluia!*

*Thou rising morn, in praise rejoice,
ye lights of evening, find a voice,
O praise him, O praise him,
Alleluia, alleluia, alleluia!*

*Thou flowing water, pure and clear,
make music for thy Lord to hear,
Alleluia, alleluia!*



*Storm Ellen: magnificent seas to N Devon
I The Lord Of Sea And Sky,
I Have Heard My People Cry*

This has been such an interesting week in an area I have not stayed before.

*One more step along the world I go,
one more step along the world I go;
from the old things to the new
keep me travelling along with you:
and it's from the old I travel to the new;
keep me travelling along with you.*

*Round the corners
of the world I turn,
more and more about the world I learn;
all the new things that I see
you'll be looking at along with me:*



As well as new sights, I've been fascinated recently by the number of wild plants that I've identified recently (with the help of my 'Picture This' App!) that have names that suggest they were once considered to have medicinal properties. The WORTS and the SELFHEALS. 'Selfheal' has a long tradition of being used in herbal medicine for everything from stopping bleeding and healing wounds, to treating heart disease and sore throats, yet in the homeowners view it is a nuisance lawn weed. The suffix 'wort' was often given to a plant considered to be beneficial (it was used as opposite to 'weed'). It reminds me of Cadfael, the medieval mystery-solving monk, at work in his 'laboratory' in the abbey mixing his herbs. Did you ever read or watch the Cadfael series by Ellis Peters?



*Summer and winter and springtime and harvest Sun, moon and stars in their courses above
Join with all nature in manifold witness To Thy great faithfulness, mercy and love*