

21<sup>st</sup> June 2020

## Sundays

**“I always love to begin a journey on Sundays,  
because I shall have the prayers of the church,  
to preserve all that travel by land, or by water.”**

*Jonathan Swift, Polite Conversation, Dialogue 2*

From the very beginning of this lockdown – a long time ago now – I’ve been wearing jeans, a T-shirt and trainers. Not the *same* ensemble all the time, I hasten to add, for I do change clothes occasionally. But having had to dress “smartly” all my working life – clerical dress, suit, shirt-and-tie, or whatever – it’s a pleasure to be relaxed in casual dress.

Why then, still in lockdown, with one day much like another, with nowhere to go and no people to meet, without business to conduct or meetings to chair, do I wear different clothes on a Sunday? I’ve done this right from the start: a T-shirt replaced by a collared shirt; jeans giving way to smart trousers; black shoes instead of trainers; a V-necked pullover and not a sweatshirt. Does it matter? Is there anyone around to notice? No! Yet I still dress differently on a Sunday. So why?

It’s simply because, all of my life, Sunday has been different, and, even in a small way, I want to keep it like that. Of course, the nature of a Sunday has altered irrevocably from the Sundays of my childhood. But that’s not the point. The difference in a Sunday for me is spiritual and not about practicalities. How I dress is a small symbol that the “feel” of a Sunday is retained, so that spiritual shape of my week remains the same.

Jonathan Swift tells us that he loved beginning a journey on a Sunday. What his Sundays gave him sustained him on whatever travels he was about to embark upon. I am no different. The journeys of my week need a good starting point, so that, wherever I travel, I feel I’m in the right state of mind for whatever the days that follow might contain.

So, if you’ll excuse me, I must go and change. For it is a Sunday, after all. And today has to feel right as a good start for the week ahead.

### **A prayer for today**

*Lord, watch over my travelling this week. Preserve me on my journeys.  
May the prayers of this day hold me in your love for all I have to face. Amen*

*An original reflection by © Tom Gordon*

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