

MONMOUTHSHIRE **Free Press** 45p Wednesday, September 21, 2016

THE Rio Paralympics have not long finished, and if you are anything like Margaret and I, you'll have been full of admiration at what you saw, the dedication of those taking part, and all of them without every limb and faculty many of us take for granted.

Just as we could not fail to be impressed with the Olympics, there was something quite special about what we witnessed over the last few weeks on our screens, and thank God for Channel 4 for providing such extensive and excellent coverage. Disability, don't you believe it.

We saw nothing short of various abilities before us that most able-bodied people could not even dream of attempting, me least of all who is not a sporty person by any stretch of the imagination. Years of toil, patience, sweat, pain and tears paid off right in front of our eyes, and we stood back at times in disbelief.

I have mentioned before that Margaret and I are part of a team who once a month lead our PROS-

PECTS Group at church for and with people with learning disabilities, and for some this can mean physical as well as psychological problems. Once again it is ability we see expressed in craft, signing, praying, singing, drama and generally joining together and pooling our resources. For our friends it is not a question of anything 'missing', it is a matter of making the most of everything they and we have been gifted with together. It is no surprise that once a year PROSPECTS recommend and provide service details for what is known as ABILITY SUNDAY, note ability not disability.

As Christians we read in the Bible and we believe each one of us is created in the image of God, and that means being shaped into someone beautiful and important – each a masterpiece shaped by the Master's hand. The past couple of weeks in Rio brought this home and could leave no doubt in anyone's mind that God loves us and equips us for great things, whoever we are and whatever our circumstances.

Thought for the weak



with the Rev Preben Andersen

Rev Preben Andersen