Dear all, I went to the under the Thinking Tree website one morning, intending to make some changes and lo and behold I got an unpleasant looking error message which made the problem sound much worse than it actually is. The problems was quickly fixed. While the website as offline I wrote this: I have some paintings (194 at that time) at https://www.flickr.com/photos/drrickzt/ including a lot of interesting paintings about living on the autistic spectrum if you would like to explore some of my other work.

Two things sprang to mind, before discovering the cause of the problem at Under the Thinking Tree, one of which is that this is a not so gentle reminder that in attempting to run a Christian Wellbeing service open to all people, we are doing something that God wants us to do, and therefore that the forces opposing God do not want us to do. Lest you should be doubtful that such forces exist, firstly, when Jesus was about to start his ministry ... read Mark 4:1-11 for a reminder that the devil really exists and really tries to oppose God though he can never and will never and has never succeeded (John 1:5). Paul, in his letter to the Ephesians puts it like this, in chapter 6:11-12, "Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places." So, am I surprised that Under the Thinking Tree should be attacked and prevented from working? No, I am not surprised; in fact it rather reassures me that what we are doing is important.

The second thing that springs to mind is that reading the error messages on the various browsers, it would have been very easy to become very anxious about the problems at our website. Residual anxiety is usually present long after one is healed from complex PTSD as I have been, and also I have emotional lability resulting from the Motor Neurone Disease with which I live, and that manifests itself partly in anxiety. Therefore it would have been easy for me to work myself up into a seriously anxious state over the problems at Under the Thinking Tree. That I have not done so is down to two things. Firstly, I painted a painting of a robin some time ago, inspired by the Holy Spirit and the passage in Matthew 6:25-26 in which Jesus says 'do not worry'. My paintings and ponderings even work for me! Secondly, several of you have acted in various ways as mentors to me over the last two years, in which I have made, for various reasons, more progress as a Christian than I had in the previous 35 years. Through diligent and effective mentoring, I have learned much (as a disciple, a learner, should) and one of the things which I am now much better at doing is managing the anxiety, praying for help to keep it under control and leaving the anxiety at the foot of the cross. To those mentors, thank you.

As you may have realised, there is almost no limit to my interest in plants, but in the animal kingdom I have very definite favourites, zebras and swans have featured heavily in my recent output. Well here is another of the occupants of God's beautiful creation, the great crested grebe and its beautiful reflection. There will be more paintings of these lovely birds. For the moment you will have to content yourself with this one, which was painted as an experiment but finds itself promoted to go with this email by the technical issue at the website. Love from Rick