

AUTHOR ENCOURAGES ALL TO JOIN HER IN THE BREAK

By: Darell J Philip

A newly published author is calling everyone to *join her in the break*. Thelma Gage, a member of the Milton Keynes Seventh-Day Adventist Church has recently published her first book. *Join Me in the Break* is a compilation of short devotional readings which offer the reader a spiritual perspective on occurrences during everyday life. This British-born author was raised in the Caribbean island of Montserrat where she trained as a nurse before her return to the UK in the 1980s. The book, which she dedicates to her mother, Sarah Gage, and her late father, John Gage, brings together memories from various aspects of her life, while also inviting the reader to see the spiritual relation to these everyday experiences.

“From a young age, I have always been fascinated with reading and writing,” says Thelma. Smiling, she then continued: “My interest in words in written form came from Daddy who was particular about reading with expression and the use of grammatically correct language. Those who knew my dad would understand my description of him as a ‘walking lexicon’, whose use of big words expanded my own vocabulary by osmosis.”

Having grown up in an Adventist home, Thelma remembers with fondness, having to read the *Morning Watch* for family worship each morning, as well as being an active member of the Pathfinder Club. “Being the eldest child, much responsibility was placed on my shoulders to set a good example for my three younger siblings in terms of being well behaved and respectful”. She excelled in her school work and subsequently studied at post graduate level, which created an opportunity for her to return to the UK where she continued to develop her nursing career. She is also an accomplished pianist and has now fulfilled a life-time dream by publishing her first book which she hopes to use as a form of ministry.

“The main message I want to bring out in this book is that God is available for a relationship with us, and that if we take the time to look around us and listen for His voice, He will manifest Himself in our everyday circumstances in ways we could never have imagined.”

Thelma identifies ‘break times’ as being the best time to share and hear from God, in the same way that tea-breaks are taken at work. This often gives rise to times of reflection with one’s self or with others. She invites readers of *Join Me in the Break* to experience the same.

“As I write on some of the everyday, seemingly mundane experiences of life, with which readers can relate, I would like them to use their spiritual lenses to reflect and see how God orchestrates situations to make Himself known to us. It is her hope that readers will find their purpose in life, founded upon the higher power available to us through Christ Jesus, who has come to bring the love, peace and joy of which we are all deserving.”

To attend the free *Join Me in the Break* Webinar Event on 9th May 2020 – please book your place here: <https://joinmeinthebreak.com/events>

For more information on *Join Me in the Break* or to purchase the book please visit the official website: <https://joinmeinthebreak.com/>