



From the Rector

A wise retired clergy friend of mine often described this time of the year as “the hammock season” A time in the church’s year where we can allow our faith to grow and develop as we rest in God’s love. A time in our daily and personal lives when the pace of life can slow down (maybe.) Schools have broken up and people take time away and go on their summer holidays. The idea of rest is a very valuable one. God instituted the discipline of rest in the creation of the world. He created everything in six days and rested on the seventh (Gen 2:3). He instituted the Sabbath, a weekly day of rest (Lev 23:3). Jesus often went off alone to rest and pray.

He also says to us

‘Come to me, all you who are weary and burdened, and I will give you rest.’ (Matthew 11:28). Today, the spiritual discipline of *rest* is a challenging one. We are pressured to cram more and more activities into fewer hours. This has been described as *‘hurry sickness’* and is an enemy of our spiritual life. August is a month for resting, and so is a good time to look at this discipline. However, it is helpful to draw a distinction between *busyness* and being *hurried*. Busyness is an outward condition, while hurry is about our inner state, resulting from too many competing priorities. Jesus was often busy but never hurried! What questions should we be asking about getting more rest?

Balancing Rest and Work:

What is a helpful rhythm of work and rest in our lives? How can we take seriously the Sabbath principle of having one day a week to rest and not work? How might we use our time differently eg taking a long walk or having an unhurried conversation with a friend?

Using Our Leisure Time Creatively:

When we actually take a break we often end up simply watching TV, surfing the net, shopping unnecessarily or eating when we are not hungry! Can we choose leisure activities that really refresh us? It’s not a case of more leisure time, but using the time we have more creatively.

Now that the restoration work is completed in our beautiful church, the building will be open daily and provides a wonderful space to just come and be. Why not stop hurrying and find some time to sit and be and enjoy the rest that Jesus gives us when we hand the busyness of our lives over to him.

‘The solution to an over busy life is not more time. It’s to slow down and simplify our lives around what really matters.’ (*The Ruthless Elimination of Hurry: John Mark Comer*).

With many blessings

Fr David