

Vicar's Blog

August 2018

From the curate

July saw events that brought the community together, such as the church fete which was a wonderful occasion of conversation and fun. In the schools, there have been farewells to pupils moving to new schools, and now with another school year at its end, the busy holiday season is upon us and looking at the weather forecast there are many sunny and hot days ahead.

Holidays are a time to break from the usual routine, time to relax and enjoy different experiences from adventure holidays to lying in the sun. We all need times when we have a chance to unwind from the busyness of life.

The word 'holiday' is derived from the Old English word *hāligdæg* (*hālig* "holy" + *dæg* "day"). The word originally referred only to special religious days, days of celebration to commemorate festivals and saints' days.

In Genesis we read 'the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day.'

God knew the need for rest and established ideas of a day of rest, a sabbath. In the beginning of time when the world was created God rested on the seventh day. The importance of a rest day, a day for re-charging the batteries was known by God from the beginning of time.

Taking a rest day, is an important part of a life-work balance, allowing time for us to feel refreshed and ready to tackle work, whether going out to work, working at home, in school, whatever it may be, we are more productive when we take a break from the busyness of life.

Maybe you constantly think about finding space for that work-life balance. Over the years holidays have changed, we have more than the original 'holy days' and holiday providers are coming up with more and more exciting ideas and new destinations to explore.

God created a rest day, created holy days for good reason. Rest days aim to give us a work-life balance, but this can be difficult in today's society and burn-out is becoming a common term with the busyness of life. A good work and life balance is important, but God's provision of a rest day wasn't simply about time off and a work-life balance but finding time to focus on His love for us, time for prayer, praise and worship.

Although our holidays are no longer holy days as such, perhaps we should look for opportunities to connect with God while we are out of the stress and busyness of the work environment. Enjoy and reflect on the wonders of the world we live in and thank God for them, maybe perhaps spend some time thinking about the place God has in our lives.

God created a wonderful world, if you aren't going away for a holiday, then why not look at the beauty of the things around you, maybe go for a walk, visit a friend or come into church during the day, when it is open for quiet reflection and prayer.

Enjoy the sunshine and enjoy God's blessing in times of rest and relaxation.

Rev. Caroline