

From the Pastor's Desk,

Long ago God decreed that men and women should not work constantly without periods of rest. Even in the creation story in Genesis, God "rested" on the seventh day. And yet, we modern Americans continue to identify business with busyness and success with feverish haste. Jesus understood the need for rest, and for pacing his life so that his ministry could be productive.

There is a prayer that I keep in a prominent place in my study which helps me remember the importance of making time for rest:

Slow me down, Lord! Ease the pounding of my heart by the quieting of my mind.
Steady my hurried pace with a vision of the eternal reach of time. Give me, amidst the confusion of my day, the calmness of the ever-lasting hills. Break the tension of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep. Teach me the art of taking minute vacations -- of slowing down to look at a flower, to chat with a friend, to pat a dog, or to read a few lines from a good book. Let me look up into the branches of the towering oak, and know that it grew great and strong, because it grew slowly and well.

When we keep the Sabbath it keeps us--it maintains us. God created us with a need for a rhythm of rest from the rugged rat race to drink deeply of the rich cup of faith--to allow our souls to catch up with our very being. A noted physician said to his students, "More and more we doctors prescribe long periods of rest for our patients. Most of those periods, I am convinced, are for Sundays for which they are in arrears." Much like a checking account--if there is no replenishing of resources, bankruptcy will occur. The Sabbath provides a necessary check and balance to be sure this does not happen to us. The trouble with trivia is that it trivializes us. It robs us of our true identity and the purpose God has for us. God has given us permission to spend some quality time with him and to rest our souls and bodies, that they might fill our lives with his truth and joy. Be glad that you have a day to rest and to be recharged and renewed for the soul's journey.

Lloyd C. Douglas in his marvelous writing *The Robe* reminds us:
Like a navigator needs a north star,
like a builder needs a plumb line,
like a mathematician needs a square root,
like a musician needs a fixed note,
so we who believe in a sometimes hectic
and overwhelming world need a sanctuary,
and One who is the same
yesterday, today, and forever.

See you in church!

Yours in Christ, 

Pastor Michele Kaufman