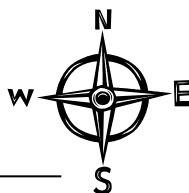


Prayer Points



July and August are usually seen as a time of rest and relaxation. I hope that, whether you are going away or remaining at home, we have some pleasant days when we can get outside, maybe sit in the garden, or use our benches in the church grounds to enjoy and appreciate the joy of God's creation.

It is important in this fast-moving driven world that we find a place and a time to rest. Any musician will tell you that the 'rest' in musical composition is an important part of the rhythm. A writer will tell you how important the 'comma' is in making sense of a sentence. Jesus says: *'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls' (Matthew 11:28-29)*

The second collect at Evening Prayer in the Book of Common Prayer gives us : *'O God from whom all holy desires, all good counsels, and all just works do proceed; Give to thy servants that peace which the world cannot give; that our hearts maybe set to obey thy commandments, and that we may be defended from the fear of our enemies that we may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen'*

I was once told that in China, the polite answer to the question 'how are you?' is 'I am very busy thank you'. If you are busy then you must be fine. If you have more to do than can be done, and the list never gets done but grows longer then you must be very fine, because not only in China but also here at home, successful people are busy people, for millions and millions of people busy-ness is the Way of Life. An overcrowded diary is a virtue; a hectic social life is a status symbol. What a crazy world.

The psalmist tells us: *'Be still, and know that I am God'*.

Have a truly blessed, restorative and peaceful summer, may you know the refreshment of Gods Spirit, and the Peace that comes only from Him. Amen.

With thanks to Revd Andrew Howorth for this month's Prayer Points
