

Dear Friends

Are you tired? I don't mean are you tired because you didn't sleep well last night or even are you tired because you never sleep well. I mean are you tired in the sense of feeling weary, feeling that life has become increasingly difficult. That everything seems to take longer to do, that everyday tasks both at home and at church seem to demand from you more time and more effort. If any of this resonates with you, as it does with me, I want to remind you of these words of Jesus:

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

How do we find this rest in Christ? Well one way is to learn how to sit in silence. For some people the thought of sitting still in silence with other people for any length of time would be frightening, but it's what Quakers do for one entire hour in their worship week by week. And in the silence they are listening for God.

We live in a busy, noisy, rushing, restless world but Jesus promises rest. In the Methodist tradition it is part of our DNA to be busy much of the time and of course John Wesley encouraged us in this when he said:

“Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”

But, as we noted earlier, Jesus calls us to rest just as he called his first disciples to rest. After the disciples had returned from a mission of words and works he said to them: Come away by yourselves to a secluded place and rest awhile. Notice two things...the disciples had been working hard preaching, teaching and healing before Jesus called them to rest and when they did go to a secluded place to rest they went *with* Jesus.

As it happens, I'm writing this letter at the Rambler's Rest in the village of Millington in the Yorkshire Wolds where my maternal great-grandparents farmed and where my grandad was born. I'm trying to practice what I preach!

Let me close, as we began, with the words of Jesus...but this time as they are paraphrased in The Message:

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest.

Blessings

Allan

Resources

Samaritans Awareness Day

The 24th of July is Samaritans Awareness Day. The Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. They offer a safe place for you to talk at any time you like, in your own way – about any struggle you may be facing. There's lots of information on their website, including information on your local branch and opportunities for volunteering and fundraising. [Samaritans Awareness Day](#)

Good News

God for All update - Summer 2023

There are some great videos linked here - the Harvest Festival song is like velcro!

<https://ddlnc.net/BVI-8CP2M-9CFE5A34D1F6AD0AAYW74E0DC08B2791A3C481/cr.aspx>