

## A few words from the Vicar ....

*Jesus said, "The Sabbath was made for man, and not man for the Sabbath." (Mark 2:27)*



Writing about the weather in a Parish Magazine is a risky business. I can write my article on a wonderful sunny day (as indeed I am) but by the time the magazine is published (and people get around to reading it) the weather could have taken a turn for the worse!

So, here goes .....

I like May. It's such a wonderful time of year isn't it? It's so full of promise. Winter is well and truly behind us and before us is the possibility (only the possibility note) of a long hot summer. Ice cream, cold beer, strawberries and cream, country walks, dipping one's toes in a bubbling brook and sun burn!

For many of us May is also a time for looking forward to our annual holidays. Two weeks or so away from work, relaxing on a beach somewhere or visiting somewhere we've always wanted to go.

And to cap it all, we have two bank holidays! More time off work! Fantastic!

So, where am I going with all this? Well life isn't all about work, work, work. Life is also about resting and enjoying ourselves.

There is a balance to be struck between work and play. For this reason God calls upon each of us to keep the Sabbath Holy, to refrain from work on one day a week (Exodus 20:8).

But keeping the Sabbath is also about taking some downtime during our working day and taking some time off work. It is about taking time out from the busyness of our daily lives. It is about setting aside time for some R&R; time to enjoy ourselves; quality time to spend with our families; and, of course, quality time to spend with our loving God.

For we are all spiritual beings, made to be in relationship with God and, somehow, life seems incomplete unless we spend quality time with Him. Therefore a balanced lifestyle should include joining with others in worship and spending some time in personal prayer and reading the Bible.

As for this summer's weather?

Well, the weather's irrelevant; take some Sabbath-time anyway! But don't forget to spend some of it with God!

Every Blessing

*Dave*