

## **Rector's Ramblings – August 2025 (A time for rest and renewal)**

Dear Friends,

As August unfolds, the rhythm of our town and villages often shifts. School gates are closed, family cars are packed, and the air seems to hum with the quiet anticipation of adventures, near and far. For many, August means summer holidays, a precious time to step away from the routines and responsibilities that fill our days for the rest of the year.

And rightly so! We are created for work, yes, but also for rest. It's a divine rhythm embedded in the very fabric of creation, from the Sabbath day to the cycles of the seasons. Yet, in our bustling modern world, rest can often feel like a luxury, or even an indulgence, rather than a vital component of a healthy, God-honouring life.

This August, as you navigate your own version of "holiday" – whether it's a grand adventure abroad, a staycation exploring local delights, or simply a slower pace at home – I want to encourage you to truly embrace the concept of resting and recharging. It's not just about stopping; it's about renewing. It's about allowing our minds, bodies, and spirits to replenish.

Consider, for a moment, the ultimate example. Even Jesus, in the midst of his tireless ministry, understood the profound importance of rest. We read in the Gospels how he would often withdraw from the crowds, sometimes to pray, sometimes simply to be alone and, yes, even to sleep. Remember the storm on the Sea of Galilee, where Jesus was found asleep in the boat? (Mark 4:38). It wasn't a sign of indifference, but of a deep human need, one that even the Son of God embraced. If Jesus needed to rest, how much more do we?

Rest isn't idleness; it's an investment. It's about creating space for God to speak to us in the quiet moments, to rekindle our creativity, to strengthen our relationships, and to simply **be**. When we allow ourselves to truly rest, we return to our daily lives not just refreshed, but often with a renewed perspective and invigorated purpose.

Many of you will know that I am a big fan of the late Sir Terry Pratchett, who in his insightful way, captured this beautifully in his book, *A Hat Full of Sky*, when he asks: ***"Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving."***

This August, as you perhaps venture away, or simply step back from your usual routine, remember that you are doing so not just for enjoyment, but for renewal. You are creating the space to return with "new eyes and extra colours," ready to engage with our community, our church, and our God with a refreshed spirit.

Whether your August involves sandy beaches, mountain walks, or quiet moments in your own garden, I pray that you find true rest and replenishment. May you return, whenever that may be, feeling recharged, renewed, and ready to embrace the autumn with grateful hearts.

With every blessing,

Mark

The Revd Mark Woodrow (Rector)