

Take a break

It seems that summer has arrived! The temperatures have risen and the sun is shining! Great! Many of us will be looking forward to a holiday or some time off work.

Taking a holiday is not just about having a treat and spoiling yourself on a beach somewhere or exploring a new area. It's far more than that – it's actually about self-care, giving your body and mind a rest from the usual way of life, and allowing the stress and worry to fade away. We all need that break from the demands of daily life. Even the Lord God took a break from creating!

“By the seventh day, God had finished the work He had been doing; so on the seventh day He rested from all His work. And God blessed the seventh day and made it holy, because on it He rested from the work of creating that He had done.” Genesis 2.2-4

And I'm sure you know that's where we get the word 'holiday' from – 'holy day', the day on which God rested.

Jesus frequently took time for rest and solitude, demonstrating the importance of self-care and drawing strength from God. Examples include withdrawing to lonely places to pray, finding a quiet place with his disciples for rest, and even taking a nap during a storm at sea!

In Mark 6:31-32, Jesus invites his disciples to a desolate place to rest, recognizing their need for a break from the constant demands of ministry.

Whether you're going abroad on a sunny beach holiday, taking a road trip to explore the countryside, or simply planning on curling up with a good book at home, periods of rest and relaxation are vital to keep us feeling happy and healthy. They can help revitalise our health, refresh our minds, and boost our overall wellbeing.

Our summer holidays also signal change in the lives of our young people – the current Yr6s are preparing for secondary school in September, our Yr12/13s are looking forward with excitement to beginning University, and, of course, our primary schools will be looking forward to welcoming children into their Reception classes. We wish them all well!

A good rest is an absolute necessity in being ready for change. In the Savernake Team, we are preparing for some pretty exciting changes! Our new curate, Brenda, will already have been ordained deacon on 29 June and is now stepping out with excitement and trepidation as she begins the next stage of her ministerial training with Colin as her Training Incumbent. And in September, our new Team Rector, Rev Sue Hart, will be licensed! This is such great news!

So in August, we'll be easing up on our services, giving Colin and me a bit of a break as it's been a really busy year without a Team Rector, but also recognising that many of our congregations will be following our Lord's example and taking a holiday. We'll be offering one Holy Communion service in the Team each week. Check out the timings in this magazine. Normal services will resume in September.

So take a break, friends! Refresh your minds, renew your energy, and recharge your batteries!

Whatever you do, wherever you go, have a wonderful summer!

Rev Jo Reid