

Rest 2021

“You must come away to some lonely place, all by yourselves and rest for a while.”

The spiritual nature of rest is often neglected, because of the inevitable arrogance of busy people. The world will keep after my death. The cemeteries are full of people who believed themselves essential to the survival of society. However for the wellbeing of the individual, and the wellbeing of society “You must come away to some lonely place all by yourselves and rest for a while.”

When I was drinking alcohol one of the strangest things I noticed was that when I wanted a drink. That was precisely the point at which I should not drink. Alcohol is a relaxant. Tired and weary a bottle of wine guaranteed a sense of calm. Followed very sadly by a hangover, and a further increase in a sense of exhaustion. Tiredness that clouded my vision and inhibited my and others wellbeing.

So I attempted to take the lesson. When I craved a bottle I recognised that I was tired, and attempted to go to some lonely place by myself and rest for a while.

I recently had family visitors who used the huge house at St Josephs to stay the night. We had spent the day at the zoo. We had shared the excitement of the Lions, and flapping penguins. We had returned to Darwen and eaten Pizza and salad. Then watched England play Denmark. All that time because of mutual love there was a sense of joy. However bed time began. I drove off, and slept at St Edwards’s house for the Saturday night.

I left them and went off to a lonely place by myself to rest for a while.

Sometimes no matter how much you love them. What they need is peace.

Sometimes no matter how much you love them. What you need is peace.

Rising in the morning it helps to turn the radio on. There is the noise that inhibits snoozing, and the general news which may awaken the brain.

Televisions placed in kitchens project lively engaging faces, who by their enthusiasm proclaim that the day has begun. Driving to the supermarket, or school, or work there is the car radio. Often at work there is the computer, or telephone to answer. The day fills the mind with tasks, and responses. As this concludes there is the return journey accompanied by the jabbering DJ, or favourite track. Then TV again flashes before our vision and demands attention. Jobs still need to be done, and tiredness eventually closes eyes and ears as the body begins to doze.

At what point, is there time to think

At what point, is there time to recognise what matters.

At what point is there time to choose.

Perhaps you do not want to choose

Perhaps you do not want the responsibility of taking charge of your own life, and prefer to avoid the issues and continue to be dragged along by circumstance.

But if you are prepared to choose how you want to live.

If you are prepared to respond to the call of God.

Then you must come away to some lonely place all by yourself and rest for a while.