

AUGUST 2018



Dear Friends,

Warm breezes, picnics and lemonade, and a break from some of our regular commitments. Summer is a Sabbath time. It is a time to rest, relax and recharge. That's what Sabbath is all about. God created our beautiful earth, the vast cosmos and all that it holds, and then God rested on the seventh day, the Sabbath Day. But only for a day, because Sabbath is not an ending or a finish, it's a breather. After rest we pick up, brush off and get back to work with renewed vigor, energy and excitement.

Why we enjoy a Sabbath, and why we are called week by week to the Lord's Table is described beautifully in Eucharistic Prayer C, the prayer of consecration that we have been using this summer:

***Deliver us from the presumption of coming to this Table for solace only,
and not for strength;
for pardon only, and not for renewal.
Let the grace of this Holy Communion make us one body, one spirit in Christ,
that we may worthily serve the world in his name.***

We are fed, we rest, we are restored. With renewed strength and the knowledge of the love that God holds for us, we go out into the world to do God's work. In September we start back in full force with our work, our committees in our dedication to serving in the Name of God. Into the fall and winter we will bring the memories of summer, refreshed by rest and vacation, just as we carry the reality of the living God in our hearts, souls and bodies as we leave the altar each Sunday.

As we enjoy these precious summer days, I pray that you find a renewal, strength and grace in creation, community and rest.

Your Sister in Christ,
Mother Bonnie+