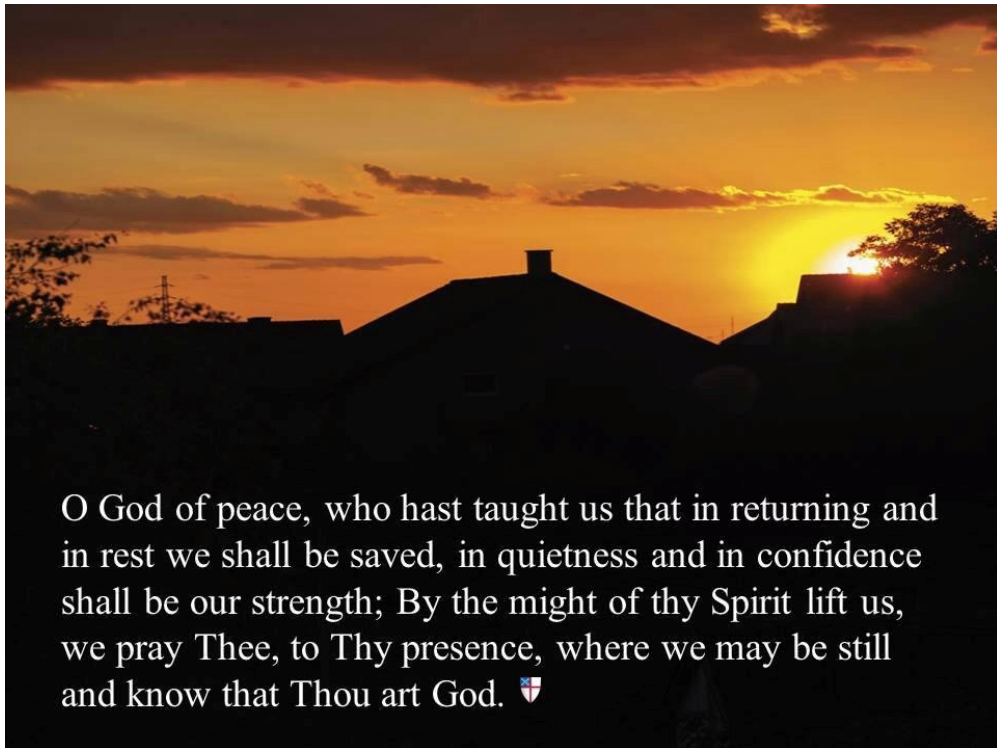


Subject: Working From Rest
From: "St. Francis Episcopal Church" <vicar@stfrancisva.org>
Sent: 10/7/2014 7:16:26 PM
To: "Larry" <lckiddjr@gmail.com>

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S⁺ Francis



O God of peace, who hast taught us that in returning and in rest we shall be saved, in quietness and in confidence shall be our strength; By the might of thy Spirit lift us, we pray Thee, to Thy presence, where we may be still and know that Thou art God. 🏰

October 7, 2014

*And there was evening
and there was morning
the first day.
Genesis 1:5*

Resting From Work

I have to confess that lately I have been running on empty, or at least a little too close to empty. That usually happens when my rhythm is to rest from work. When my rhythm is to rest from work I almost never get enough rest. I find that I am not able to do my best work.

Working From Rest

A better approach is to work from rest. To intentionally stop working at least one day/week gives me something different than getting the work done and then rewarding myself with a break. It means several important things:

1. I am trusting that God is at work in every area of my life.
2. I am giving my relationship with God a higher priority than anything else, even my work (even as the vicar of St. Francis!)
3. I am allowing God to pour His life into me so that I can bear fruit in every area of my life.

The verse from Genesis 1 above shows a bit of how this works. God began the work of creation at the beginning of the day each day. Notice the day began in the evening. When we have completed our day's work God is just beginning. We can leave what we are putting down for the evening, or other time off, in the hands of God who is beginning to work when we are stopping.

How Do You Keep A Sabbath Like That?

What is the time God is asking you to put things down for a bit? That will be your time of rest. If you are too busy because of school, work, volunteer service, family, and other pursuits you are not likely to see how to have a time of rest. God, however, does see your life, knows your schedule, loves you, wants to build you up, and will guide you into the right steps for rest. Ask God what to do about how you can work from rest.

Coming Attractions

Wednesday, October 8, 2014 vestry meeting 6:00pm

Sunday, October 12, 2014 worship at 10:00am. Bishop Gulik presiding. Pot luck to follow.

Wednesday, October 15, 2014 worship at 6:00pm

Sunday, October 19, 2014 worship at 10:00am

Business After Hours is hosted by St. Francis on October 30, 2014 from 5-7pm. Would consider helping us host the event? Be in touch with Libby Clark for details
lcp@libbyclarkphotography.com

Centerville Circle of Prayer

For Centerville Imports, Ken and Tim owners, that business would increase and carried out efficiently, and all vehicles would run safely on the road.

Diocese of Virginia

For St. Francis, Goochland, St. Martin's, Richmond, Grace, Goochland, St. John's Richmond that we would all continually minister in the power of the Holy Spirit.

Metropolitan Richmond

For public, non-profit, and religious social work and ministries in Metropolitan Richmond: For all in need of mental health services, all mental health workers, counselors, and treatment facilities.

Finally, we had a great time at the blessing of the animals at MyManakin Market last Saturday. Thanks to Lisa Deardon for inviting us to be there. Here's a great photo of Tolstoy, the Russian Tortoise, and Tammy (and me, of course):



Grace and Peace,

John Maher

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