

**Subject:** Rest?  
**From:** "St. Francis Episcopal Church" <[vicar@stfrancisva.org](mailto:vicar@stfrancisva.org)>  
**Sent:** 11/5/2014 9:28:01 AM  
**To:** "Larry" <[lckiddjr@gmail.com](mailto:lckiddjr@gmail.com)>

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The logo for St. Francis features a large white 'S' on the left. A red cross is positioned behind the 'S', with a sunburst pattern of small red dots radiating from its center. To the right of the 'S' and cross, the word 'Francis' is written in a large, white, serif font. The entire logo is set against a dark blue background.

St Francis



November 5, 2014

## Being Whole

*... be set free from this bondage on the sabbath day ...*  
*Luke 13:16*

### ***A Day of Rest Every Week?***

A lot of people have a very specific, pointed, and even defensive reaction to the idea of having a day of rest each week. That reaction goes something like this: "How am I going to do that?" That, of course, is a good question.

It gets to the facts. We live harried lives. Most churches run a very hectic schedule. The results of following a harried, hectic schedule is that you get trapped in the confines (prison?) of your schedule. The church withdrawals from the world in order to maintain its schedule. Others withdrawal from family or other interests in order to maintain the requirements of their schedule. So, is there a better question to ask about taking a day of rest each week?

### ***Working From Rest Instead of Resting From Work***

When you think of rest do think in terms of "resting from" or "resting in" once a week? "Resting in" is a healthier way of looking at it. It is healthier because it means you are resting in the realization that God is providing for your life. When you are resting from your work you are still carrying the weight of having to provide for yourself by yourself. Resting in God's care for you is trusting in God's character. It is looking for God's life and mercy to flow through yours. It is knowing that all provision, healing, gifting and opportunity comes from God. It puts you into a place of being whole. What does God want you to do about resting?

## **Coming Attractions**

***November 9, 2014*** worship at 10:00am followed by pot luck

***November 16, 2014*** worship at 10:00am

***Caritas will be on November 26, 2014.*** We will bring dinner to Christ Church for this ministry to the homeless. Contact Jenna Nelson to participate [jnelson561@gmail.com](mailto:jnelson561@gmail.com)

***Christmas Mother*** will help provide Christmas presents to families this Christmas. Contact Janice Nelson to participate [cnelson2610@comcast.net](mailto:cnelson2610@comcast.net)

### ***Centerville Circle of Prayer***

For Dollar General that many people will benefit from this store in Centerville and the business will continue to grow while the staff team develops.

### ***Metropolitan Richmond***

For persons in financial need in Metropolitan Richmond: For the homeless and the hungry, for provision of safe, affordable housing and low cost nutritious food, for the personal safety, dignity, and well being of those who are unable to work.

### ***Diocese of Virginia***

Congregations and clergy of Calvary, Front Royal; St. John's, Warsaw; Farnham Church, Farnham; St. Martin's, Doswell; Fork Church, Doswell; Meade Memorial, White Post; St. James', Montross.

Grace and Peace,

John Maher

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