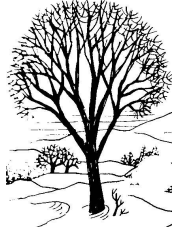


# Remember...

All life requires a rhythm of rest. There is a rhythm in our waking activity and the body's need for sleep. There is night, then day; spring, then summer. Our hearts rest after each beat; the lungs rest between exhale and inhale.



Sabbath honors the necessity of rest. Plants, for example, lie dormant in winter to bear fruit in the spring. We, too, must have a period in which we lie fallow. Sabbath time can become our refuge.

Sabbath is more than the absence of work; it's not just a day off when we catch up on television, run errands, shop, watch sports etc.

We are given a gift in this commandment: 'Remember the Sabbath.' Rest is essential to our life. Without rest we cannot sustain the energy needed to have life. In a world where overwork is seen as a professional virtue, many are only stopped by illness. Then illness becomes our Sabbath

Jesus did not wait until everyone had been properly cared for before he rested. When the moment for rest came, he would simply stop, retire to a quiet place, and pray. Sometimes he took the disciples with him, inviting them to rest in the middle of their busyness.

The practice of Sabbath is designed to restore us, a gift of time in which we allow our daily concerns to fall away. We set aside time to delight in being alive, to savor the gifts of creation, and to give thanks for the blessings we may have missed in our preoccupation with our work.

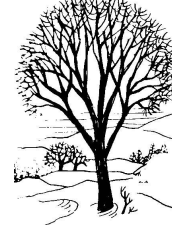
How do you "Remember to keep the Sabbath?"

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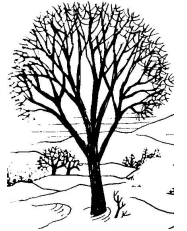
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