

Today we hear Jesus' invitation to his friends to come away to a quiet place and rest for a while.

How does that sound to you? Are you in need of some quiet and some rest? Does it feel like life is pulling at you from all sides? Do you feel lost or without direction? Do you ever want to escape to a quiet place?

Jesus' invitation today reminds us of the importance of rest – a rest that creates a sacred space where we can remember who we are: the beloved daughters and sons of God...

where we can gain perspective and be strengthened  
for the daily challenges of life,

where our hearts can open with compassion and care –  
for others as well as for ourselves.

What are our lives like these days? Are we in need of this sacred rest?

Let us begin this practice today and take a moment *now* to enter into a prayerful silence *together*, quieting our minds and opening our hearts to the God who loves us so.....

This week may we find time each day to enter into a *moment* of sacred rest - a rest that can renew the body, mind and spirit, a rest that can transform our lives.