

In need of Rest.

I have spoken with so many people over the last few months who have commented that they are doing less, in terms of meetings and attendance at regular coffee/hobby groups, but that they find themselves more tired than they have ever been. At the same time though, many of those same people who have said they are incredibly tired have also shared that they are unable to sleep; some, myself included, have found that our sleeping patterns have completely changed. Whereas we once would head to bed at 10pm, now I am lucky if my head hits the pillow before 1am.

This realization got me thinking about the importance of rest. Most health care professionals say that a good night's sleep is one of the most important features of a healthy lifestyle and I don't doubt that at all, but I believe our need for rest goes beyond physically sleeping. We need a rest from the constant wonder of what tomorrow will bring. We need a rest from thinking about what the fall will bring for our children, and us, once schools reopen. We need a rest from the constant barrage of news that flies at us on the TV, on our computers, on our tablets and smartphones. We need an emotional and Spiritual rest; maybe even more than we need physical rest.

Emotional and Spiritual fatigue is a real thing. I think if you were honest with yourself you would say that part of what makes us all feel so tired, is that we have lost so much control over what we can and cannot do. If you happen to be a person that finds themselves a little more anxious than you were before all this began, even that slight increase can drain you completely. Our energy is drained when we experience fear. It is drained when we are constantly bombarded with messages that worry us. Our energy is drained when each day looks and feel the same as the last; and that drain of energy has nothing to do with our physical well being; it's a drain on our emotions and spirits and it makes us really tired.

We must find rest, but a good sleeping pattern, though helpful, does not eliminate the drain on our emotional and spiritual well beings. We must find others ways to we energize our hearts, souls and minds. One way that I have noticed a lot of my colleagues combating this drain is that they are disconnecting from their access. They are powering down their screens, their access to the 24/7 news cycles and not doing so to ignore what's going on, but just taking a break from it. That's something I plan to do over the next couple of weeks.

I spoken with others that make sure they are taking time to put their kayak or canoe in the water and spend an hour or two immersed in creation every couple of days. Others still have made new practises such as morning prayer on their deck, afternoon hymn sings or evening mediations in their backyards. Others still have found that working with their hands, be it gardening, crafts or other hobbies has helped to reduce their focus and attention on everything else; thus, giving their hearts and minds a break. No matter what, the intent of all of these practises is to silence all the noise that drains us and to intentionally connect ourselves to the Holy, no matter where you find it.

I hope that each of you is able to find some way to help refill the tanks of your hearts and souls, rather than just letting them be drained day after day. If you are struggling to find a way, maybe just start your day with this prayer,

Loving God, I feel more tired than I have ever been. I am tired in body, mind and Spirit. My heart longs to be filled with the energy of your love, but I cannot seem to find a way to connect and so I offer you

this prayer, O God. I ask for your grace to move me in a way that lightens my mind, that renews my soul and that gives me a way to let go and disconnect from the noise that makes me weary. May I hear you in the songs of the birds, in the gusts of the wind, in the kind words of a neighbour. May I feel you in the waters of the lake and the pool. May I know that I am connected to all of creation, but may that knowledge not burden me, but rather better enable me to understand how we are all connected and how when I practise good ways of rest, in encourages others to do the same. Be with me today and always O Lord and guide me in your ways of love. Amen.

Friends, I hope and pray that each of you finds ways to calm the storms ranging around us. To seek the ways of love and care. To rest your body, mind and soul. For remember even God took time to rest; we as God's people need to do the same.

Blessings to you all,

Sincerely,

The Rev. Adam Hall