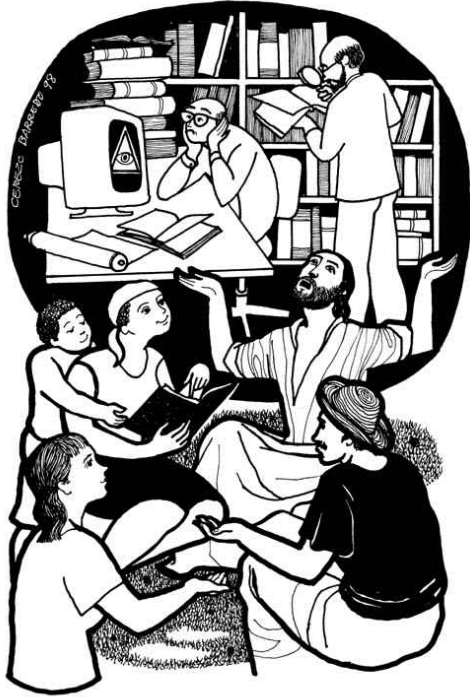


IT'S TIME TO RELAX

WORD OF THE WEEK:

Matthew 11:25-30



Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

SOMETHING TO THINK ABOUT...

Saint Augustine wrote a famous prayer: "You have made us for yourself, and our hearts are restless, until they can find rest in you." In other words, our hearts are 'fidgety' without God. The recent fidget spinner craze can tell us something about our need for God...the spinner only works because of the centre section, which stays still whilst everything else moves around it. So it is with God...in the middle of our fast-paced world, we can rely on God to give us the stillness and grounding we need in order to make sense of the world. In the Gospel, Jesus tells us that if we come to him, he will give us rest. We all need a good rest once in a while...as we approach the long summer break, ask Jesus to give you the rest you need, to slow you down, and be still. Just like a fidget spinner, we can only work properly if we keep in touch with that still point at the centre...



SOMETHING TO TALK ABOUT...

- What do you do to 'let your hair down'?!
• Why do you think it is important for us to relax and unwind?
• What kind of things 'overburden' you?



SOMETHING TO DO...

Sit back, resting against the back of the chair.

Notice the pressure the chair makes across your back.

Imagine where that pressure has come from in the past...e.g. An arm that held you as a baby, or guided you across a busy road as a child.

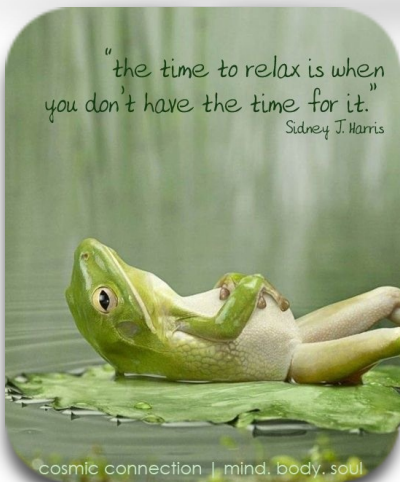
PRAYER FOR THE WEEK...

Lord, sometimes we need to lay back and relax in your peace. Your hand has guided us through life and supported us in many hidden ways. You have been right behind us when stress takes over our lives, when friends let us down, or when failure threatens. Be with us now. Put your arm around us and support us today. Help us to be a bit more laid back and trusting when things get tense.

Amen



"the time to relax is when you don't have the time for it."
Sidney J. Harris



cosmic connection | mind, body, soul

WHAT'S ON THIS WEEK...
On **FRIDAY** we will celebrate our final **LUNCHTIME MASS** of the year, as we give thanks and pray for the members of staff who are leaving our school this year!

ALL ARE VERY WELCOME!
Arts Theatre, 12:35pm