

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
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Opportunities

11 September 2021 Contemplative Photography

An opportunity to look at photos of others and take your own in this on-line event. [Link](#)

9 October 2021 Here I am Lord

A time to review and renew your calling led by a team brought together by the Bible Reading Fellowship. [Link](#)

Join the Dean of Canterbury Cathedral for Morning Prayer in his garden.

Here is a sample: [Link](#)

Sense leisurely work, rest and prayer moving together.

Oasis Days 7 August 2021 4 September 2021 2 October 2021

Join the Manressa community in Ireland for a led retreat with the option of an individual listening ear. [Link](#)

Sabbath Rest The Bible Project

Watch this 5 minute video explaining the idea of 'rest' through Scripture. [Link](#)

Work and Rest

We are well aware it is summer. In the Gulf and Cyprus the heat and humidity hits us when we are away from the fan or AC. We are sweating it out and already feel weary from the daily sapping of the sun. Many of us would like to have travelled for a break away from it all but have stayed due to global restrictions and concerns. So what to do?

After a busy time of work
Jesus said to his disciples
"Come with me,
by yourselves,
to a quiet place,
and get some rest."
(Mark 6:31)



What did that look like? In the context it meant leaving the crowds, the teaching, and the miracle working, heading out on a boat to a solitary place. and hanging out with a group of friends (until they were discovered!). It had all the promise of a good holiday, time away from it all, relaxation and play.

Br David Steindl-Rast says: "Whenever you work, you work for some purpose. Work and purpose are so closely connected that your work comes to an end once your purpose is achieved."

Rest, also has a purpose. It was God who did this at the beginning of time. It also has purpose - to restore, heal, energise and build up ready for that time of work again.

It is interesting that the Chinese character for the word 'busy' is made up of two elements, one that means 'heart' and the other that means 'lose, disappear, perish, flee'.



In order not to lose heart or burn out, rest is essential. The Chinese characters for this are of a person standing by a tree.



St Augustine said:

**"You have made us
for yourself, O Lord,
and our hearts
are restless
until they find their rest
in you."**

So do take some extended time of rest this summer, it will do your heart good!

An Exercise

Listen to your Heart

- Consider how for every moment of your life your heart has kept beating.
- Realise that in between each of your heart beats there is a period of rest.
- Now find your pulse and close your eyes. What comes to mind as you hear the steady rhythm?
- How might this speak to you about the rhythm of your life?
- What might you say to God about this?



**Reflecting on God
resting after six days
work creating the world,
Malcolm Guite wrote
this poem:**

Blessing and rest,
delight in everything
Sustained by your strong
love and richly blest,
This is the gift you give,
the day you bring
Blessing and rest.

This is indeed the 'gladness
of the best',
From first lines in the east
where linnets sing,
To where the last light
lingers in the west,
You lift the cares to which I
used to cling,
As you yourself descend to
be my guest
And show me how to find in
everything
Blessing and rest.