



## The Bishops' Office

July 2021

Dear Friends,

It's the end of the school year and time for summer holidays. Fantastic! I hope that you will have a wonderful time, and do really fun things.

It doesn't matter whether you go away or stay at home. What matters is that these next few weeks are different from the other weeks of the year.

During term, there are things to learn, and activities and assignments to finish. In our holiday time we get some space to do something different.

I wonder, what will you do with your time this summer holiday?

Perhaps you will play with friends. You might spend time with family. You might enjoy being on your own. It really doesn't matter what you do or who you do it with, as long as you keep safe, and as long as you do something different from the rest of the year.

This is because when we do different things from usual on holiday, we help our bodies and our brains to recover. We can then work better when it's September and time to come back to school.

Rest isn't an 'add on extra' to our lives, it is an important part of them. Doctors tell us this, but so do other people as well. In the Bible, we are told that God rested when he had finished his work of creation: 'on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done.' (Genesis 2.2)

So, having given everything life, God stops and rests. I think this is wonderful! God has taken time to notice the things he has made as he makes them, looking at them and saying 'it was good'. But after six days of hard work, on the seventh day, God shows his happiness by stopping, by resting and by delighting. It's as if God is saying to us: you really must take time out, just to be, just to enjoy things - and it's an important lesson for us and an example to follow.

Jesus, also, tells his disciples that they need to rest: 'He said to them, "Come away to a deserted place all by yourselves and rest a while." (Mark 6.31). Jesus knows that the disciples have been working hard, and that they need to stop. Actually, they don't get a very long rest, because people follow them, and this is important too: we don't need to think that we have to do something special every day of our holiday and we might find that our plans get disrupted - but what matters is that we try to give ourselves space to breathe, space to relax, space in which to stop.

It's been another hard year, with home learning, and class bubbles, and lots of hand-washing. Many of our plans have been disrupted. But now it's time to rest, like Jesus and like God.

Have a very happy summer holiday!

Cont'd...

Dear God,  
Thank you for our school, for all who help us to learn,  
and for the friends that we meet here.  
Thank you for the opportunities that you give us.  
Now that it is holiday time,  
help us to rest,  
as you rested when you finished your work,  
and as you taught us to do through your son Jesus.  
Help us to be like him and his disciples,  
and to know the importance of rest.  
Amen.

+ Nicholas Grantham

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