

KNOCK OFF TIME

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My first job was in a warehouse. Top floor. Freezing in the winter, boiling hot in the summer. I looked forward to knock off time.

But do mothers have a knock off time? Caring, cleaning, cooking, washing. And managing the kids, especially two year olds and teenagers.

Dads are getting the message these days, and siblings too. Some dads are stay at home.

Jesus saw the need for a knock off time. One day he was so busy teaching and healing the sick. Mark (5:42) reports that, even as the sun was setting, Jesus kept working

through the night. And at daybreak he departed into a desert place. He needed time for a rest, prayer and spiritual refreshment. Genesis underlined that need: on the seventh day of creation, God rested. More than ever these days, ministers, pastoral care counsellors and mental health workers feel the effects of mental and spiritual drainage. Burn out. They need time to rest awhile, space apart, and our prayerful support. Please remember them in your intercessions and make sure they have time and space to meditate, reflect and recover.

Reflection:

John Greenleaf Whittier expressed the way Jesus took time out in the most beautiful words:

*O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee*

*the silence of eternity,
Interpreted by love,
Interpreted by love! (TIS: 598)*