



Monday Musing: November 17<sup>th</sup>, 2024.  
Rest...

Let all things now prepare to rest under a blanket of snow...

“Rest” is what we tell each other is needed for recovery from tiredness, from weariness, from when we have been doing too much. “Rest” is what we say to a pregnant woman especially in those last few months, days, hours, so that she is prepared with the energy required for labour and birth. “Rest” is what we tell someone healing, or mending or grieving, or ...rest and sleep... is the remedy, the prescription, the words of love that say, “Trust, in time, all shall be well.”

These last few months in the life of the church have been months, weeks, and days, of many things to think upon, to plan, to hear, contemplate, decide and do, celebrate and work. It has been busy. These have been great and joyful months and tiring too. The news from around the world weighs heavy on us as well and that too tires us. And then, there are our own lives and families too. So, our bodies, minds, and spirits need...rest.

We also need sleep. We’re often told that on average through our lifetime we need about 8 hours sleep each night, more when we’re infants, less when we’re older. That’s one third of our 24-hour days we should be sleeping. That’s one third of our lives! Something pretty important must happen when we’re asleep for us to need to spend one third of our lives doing it!

*Rest and sleep.*

In the week ahead, we begin our transition from hecticness and busyness to peace and calm in the life of the church. We close this church year this Sunday. December 1<sup>st</sup>, we begin a new year and with it we enter into the restful, calm, peaceful time of Advent. It is a time of preparing for Christmas, like preparing for the birth of a child. And that’s it actually. We’re preparing for the birth of the love of Christ into the mangers of our hearts.

So, rest and sleep now. Make room for peace and calm in your lives. Hold times of silence in your days as the trees hold silence in the forest under the white blanket of snow.

The world may be whirling around us with busyness, shopping, do this, do that, party, rush, buy, wrap, and more. In the church, we hold rest and calm, and we lay the receiving blankets of hope, peace, joy and love into the mangers of our hearts and we wait patiently for Christmas.

It’s time for rest, for sleep, for peace and for calm. May this time also come for the world. May you each hold now a few moments of silence for your body, mind and spirit.

May you know a moment of peace and may you live that peace,

Rev. Deb Foster, Minister, St. Andrew's United Church, Markham  
905-294-0351      [minister@standrewsmarkham.com](mailto:minister@standrewsmarkham.com)

Prayer

Holy God,  
Guide us to take time to rest,  
Embrace us in our time of sleep,  
Hold us in the calm of your Spirit,  
Cradle us in your peace.  
Amen.

Scripture this Week

2 Samuel 23:1-7	David's last words glorify God.
Psalms 132	God will bless with abundance.
Revelation 1:4b-8	I am the Alpha and the Omega.
John 18:33-37	Pilate asks Jesus, "Are you king of the Jews?"

TR Question (theological reflection)

Where or when do you experience peace? How do you experience God in those places or times? How often do you stop, rest, sleep, and hold moments of silence for your spirits to know calm and peace?