

# Rudgwick

Magazine



August 2021

no. 308



# From the Vicar

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Dear Friends

Will you be getting away over the summer holidays? You may have already been on holiday or perhaps you have decided to give a holiday a miss this year. If you are having a holiday, will it be a 'staycation' as they call it, or are you brave enough to attempt travelling abroad?

Whilst the traffic light system for international travel makes a foreign holiday rather precarious and unpredictable, what is certain is that we all need rest.

Studies repeatedly show the benefits of having time off. It is something God did not need a study to tell him when he commanded us to observe the Sabbath and keep it holy. In fact, our word holiday comes from old English, combining the words 'holy' and 'day' and means 'a day kept holy'.

Sadly, the leaders in Jesus' time had interpreted the fourth commandment in a legalistic way. He criticised them for this and reminded them that 'the Sabbath was made for man, not man for the Sabbath'.

Whether you are getting away or not, whether you are hoping to go abroad or to have a 'staycation', I hope you will feel the benefits of some rest this summer and remember to make some space for the holy – some space for God.

Every blessing

Martin King