

**Along the Way Dec. 13, 2019**

**Sacred Rest**

We slow to the world,  
take a deep breath,  
another,  
and yet another.  
We allow our spiritual gravity to bring us  
to rest  
and find our place.  
Remembering bubble up.  
We know this place.

Here  
we listen to our children,  
laugh from the bottom of our belly,  
heal and are healed by our neighbors,  
touch the ones we love.  
We recognize delight.

In being restored we remember  
No effort is complete without the essential ingredient of  
sacred rest.

*by Wayne Muller, author and teacher, Bread for the Journey*

It is important during this busy time to remember we need rest. Not just the hours of sleep at night but sacred rest, when we set aside time to restore our souls. As the words of this poem indicate, it does not have to be long periods of time but just moments of paying attention to what brings healing: children's laughter, a friendly neighbor, a moment of quiet while driving, a surprise of delight.

Let this be our prayer this week, to slow to the world, take a deep breath, another and yet another. Find moments of sacred rest. Amen

*Paula*

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