

St. Matthews
Episcopal Church
Volume 5 Issue 6
June 2010

Kiddie Link

Follow Me

Come to me, all you who are weary and burdened,
and I will give you rest.

Matthew 11:28

Maybe I am just coming out of a very intense four years of school, work & family, but lately I have had a very hard time resting. My body is exhausted, but my brain is moving a million miles a minute. I sleep eight hours a night, but wake up still tired. Is it just me?

I can remember the first time it hit me that Jesus understood the importance of resting. After hearing about John's death at the hands of Herod, Jesus went away by himself (Matthew 14:13). Next, he fed the 5,000, sent the disciples on ahead and went up a mountain to pray (Matthew 14:23). In both instances he was dealing with emotional and physical exhaustion and retreated to restore himself.

But he did not go take a nap or play a round of golf. In Matthew 14:23 it says he retreated to pray. His restoration was based in his relationship with his father. Job's friend Elihu offers his friend this advice, "But now, Job, listen to my words; pay attention to everything I say...He (a man) prays to God and finds favor with him, he sees God's face and shouts for joy; he is restored by God to his righteous state" (Job 33:1—26).

Do not forget that God commands us to take a rest, "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy," (Exodus 20:8—11).

According to Biblegateway.com, there are 538 references to "work" in the Bible, 496 references to "rest," and 520 references to "pray" or "prayer." I would venture to say very few of us have that type of balance in our lives. Is this the legacy we are offering our children?

With joy,

Jill Rich
DCE

St. Matthew's
Episcopal Church

1101 Forest Avenue
Richmond, Virginia 23229

Phone: 804.288.1911
Email: jillatstmatts@hotmail.com
www.stmatthewsrichmond.org

Monthly Mentions

VBS registration is open to the public. Registration forms are available online and in the mail office. Questions—call Jill Rich at 288-1911.

PLAYGROUND MATCHING CHALLENGE. An anonymous gift of \$5000 has been given to St. Matthew's for the renovation of the playground. In addition, the donors have issued a challenge to others in the St. Matthew's community to donate toward the renovations by committing to match any such donations up to an additional \$5000. Thus, this challenge has the potential to raise at least \$15,000 for playground renovations. The deadline for meeting this challenge is September 1, 2010.

Would you consider supporting the Altar guild by making a donation? It costs \$50 a week to have flowers on the altar. Will you give \$25 one week to honor or remember a loved one this summer? After the service the flowers are delivered to our sick or shut-in parishioners, so you will be giving a double blessing. Contact Margaret Vachet at 747-0266.

Susan Harrison wanted to pass this along to our families...**Starting this Thursday, May 20, Virginia residents can visit buschgardens.com/va to register their children under 6 years for the free "Sesame Street Forest of Fun Preschool Pass."** The preschool pass provides unlimited admission to Busch Gardens through Sept. 6. Advance registration is required.

Nursery Schedule

Thank you to all from the congregation, as well as all the parents who have selflessly offered their time to care for our younger parishioners.

| Date | Infants | Toddlers | Preschoolers |
|-------------|--------------------------------|-----------------------------|----------------------------------|
| June 6 | Natalie Axtell Cliff Axtell | Katie Musick Bert Musick | Shannon Norris ??? |
| 13 | Jean Ray Shannon Norris | Wynn Burr Blake Burr | Sarah Pemberton Lee Pemberton |
| 20 | Megan Lloyd Chris Lloyd | Laura Allin Kaki Vint | Lila White John White |
| 27 | Natalie Axtell Cliff Axtell | Lee West Kathryn Martin | Adrian Hudgins Susan Harrison |

If you would like to be included on the schedule, call Jill at 288-1911.