

On Monday I leave for the annual Oakland family vacation. The sun, the water, the stars at night, the games, the family and friends - it is our own little piece of Oakland paradise. It is so essential in our lives to find rest—daily, weekly and periodically—to varying degrees. It is what the Sabbath is all about, and this Jubilee Year. We need it physically, mentally and spiritually. We are body-soul unions, and the physical and spiritual worlds are connected. When one is out of balance, so is the other.

We are not defined by our capacity to produce. Work is something we do, not who we are. Work was created for us to be co-creators with God, not for us to be cogs in a machine. Unfortunately, so much of our lives are function driven, and we need to reestablish a proper vision of work. To do that we also need a proper vision of leisure and rest, and it's necessary to get right.

Rest is not sloth or laziness. It isn't simply the time you aren't working or recuperating from or getting ready for work. It is an attitude of the mind and condition of the soul as we open ourselves up and receive, and renew our connection with God, and Creation (including one another). It is this, more than anything else, that keeps us authentically human as we orient ourselves towards the whole of reality, and not the things we sometimes get too caught up in or consumed by. Silence and non-activity are important, an appreciation for true stillness in a frantic world. Celebration is essential, the joy of festivity—focused upon and delighting in the good. Recreation can be a part of this, too, if it has this true end and not mere entertainment. I hope you are able to find some of that important rest for yourself these summer days as we look to the Lord for true refreshment.

I am happy to have Fr. Randy Guarino join us. And I know you will be in good care these next two weeks in my absence.

