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May 19, 2020

Today's message has been prepared by David Kai. David and spouse, Marly Bown are our Voluntary Associate Ministers (VAMs).

*"And on the seventh day, God rested...So God blessed the seventh day and made it holy..."*  
Genesis 2: 2, 3

This passage speaks about a time of rest after a time of work. God creates for six days and then rests; this is the tradition of the Sabbath. Many of us have enjoyed refreshing times of Sabbath in the past. Refreshed and recharged, we could look forward to another exciting, productive and fulfilling week or year. Many of us are retired, and might think of all of our days as a kind of Sabbath. And with the lockdown caused by Covid 19, we might think of the last months as a kind of enforced Sabbath.

But even when the time of social distancing ends, the need for Sabbath will still be there. Sabbath is a part of a cycle and not something that we can store up in advance. Each week we can take the opportunity to celebrate the Sabbath. To do so is to be a part of the natural and biblical cycle of work and rest. We see this cycle in nature in the yearly passing of the seasons; the growth of spring and summer, followed by the dormant time of winter. In our society, we see this cycle reflected in the work week followed by the weekend.

Each week we probably take time for a number of activities, such as filling up the gas tank, restocking the groceries, recharging wallets from bank machines, taking out the garbage and recycling, making a once-a-week call to parents, relatives or friends. These once-a-week events are a part of a necessary cycle to sustain us and keep our households functioning.

But let's not forget that we also need to be filled, fed and recharged spiritually; we may need time to speak to a "special friend". We may need to take our "spiritual garbage" through confession. And as we worship each week, we often find that we are inspired and strengthened for the week ahead. We have time to talk to and focus on God. Our burdens are shared and lightened; our Sabbath recharges and refreshes us. So we are all invited to make Sunday not only a holiday, but a holy day. During these isolation times, we have been participating in online worship; though it is a different experience, it has been a wonderful way to continue the cycle of the Sabbath.

Wishing you all Happy Sabbath Days!

**David**

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*"Our relationship with God and each other strengthens us, and helps make the world a better place.  
We welcome and include **everyone** into congregational life."*