

# St. Michael the Archangel

100 Oak Drive South  
Lake Jackson, Texas 77566  
979-297-3041  
www.smlj.org

Dear Parish Family,

"Come to me.....and I will give you rest."

We live in a stress-ridden, production-driven, fast paced workaholic society. Rest is sometimes looked upon in a negative way. Some say, time is money and therefore to rest is to waste time, and to waste time is to lose money. But yet, incorporated in our divinely fashioned bodies is a time for rest in each 24 hour period. Even in our fast paced life, rest is an important element, a valuable asset not to be ignored nor taken for granted. No wonder Jesus extends that invitation to His disciples. He knows its importance in daily living.

But what does He really mean with that invitation? Is it just to pause and relax from all the activities we load ourselves with? I believe it's more than that. Jesus invites His own to find rest in Him! It is a holy rest. It's to take stock of ourselves and see where we are at in our relationships - with God and with one another! The rest that Jesus offers to us allows values to be re-thought, priorities to be set and attitudes to be adjusted. It enables us to regroup and re-center ourselves to Him. When He invites His followers to come to Him and rest, Jesus knew that rest is an integral aspect of every believer's faith response to God, who Himself rested on the 7th day of the world's creation.

Have a Happy and Safe Fourth of July!

Peace,

*Fr. Dwight*

\*If you wish to respond to Father Dwight please e-mail him directly at [pastor@smlj.org](mailto:pastor@smlj.org)