

## FROM FATHER DAVE

In 1992 during my fourth year of priesthood, I went on my annual retreat. During one of the five days, the retreat master called for a “Sabbath Day.” Essentially that meant a day in which we simply celebrated Holy Mass and then prayed and rested. There were no conferences or activities planned.

To begin the day, the retreat director quoted the great Rabbi Abraham Heschel who said, “On the Sabbath, we try to become attuned to holiness in time. It is a day which we are called upon to share in what is eternal in time, turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.”

As the day unfolded, I remember finding this experience difficult and to a certain extent unnatural. And yet, the more I entered into the spirit of the day the more it became a wonderful grace.

In today’s first reading the prophet Isaiah addresses the people about the Sabbath. He says that those who keep the Sabbath holy and without any sense of the profane, he will bring them to his holy mountain with the promise of joy. The beauty of the Sabbath is that it slows us down and helps us to rest and reflect on who we are and whose we are. We are God’s beloved children. All that we are and all that we have comes from him. The Sabbath is a special time to offer thanks for all of the blessings he showers upon us.

The world in which we live makes it increasingly difficult to observe the Sabbath. Stores are open, people work, and sports are prominent on Sundays. People’s lives are so busy during the week that Sunday becomes the only time to do chores. How do you observe the Sabbath?

Some years ago, the monk, Thomas Merton, once said, “The greatest form of violence today is busyness.” Every Sunday we are challenged to let go of the busyness and rest in the Lord. This rest also includes being with family and enjoying each other’s company. I fondly remember coming home from Sunday Mass and having breakfast with the family. We sat around the table for a long time and just talked and laughed. And later in the day, we all got in the car to see the grandparents.

In addition to Sunday being the Lord’s Day, it is also a great family day. Take time this week and create a space to celebrate the Sabbath. Rest in the Lord and enjoy the gift of family.

We continue our celebrations of First Holy Communions this week on Monday and Wednesday evenings in Saint Alexis Church. We congratulate all of our First Communicants and their families. Thanks to all of our catechists for teaching as Jesus did.

Thanks to Scout Brandon Vичeck and his team of co-workers for building a retaining wall behind the Parish Center at the Saint Alexis site as part of an Eagle Scout Project. The wall will reroute drain water to avoid erosion of the small hillside. It already has enhanced the aesthetic beauty of the area. Thank you so much!



Finally, beginning this Tuesday, August 18, 2020, the Holy Hour will take place in the Saint Alexis Church at 7:00 p.m. There will be music, a reading, silence, and benediction. All are welcome! People are still welcome to pray anytime day or night outside of the old church as the Eucharist will still be reposed within the tabernacle near the window. Praying before the Eucharist in Adoration can be a true rest stop for the soul. I am so grateful to our Deacons Al and Jeff for leading these Holy Hours in the old church.

Have a wonderful week!

