

# Letter from the Minister

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Dear Friends,

*This month the magazine letter has been written by one of our elders, Kay Keen. Thank you Kay.*

*With best wishes for the month ahead.*

*Eddie*

As June approaches, many of us will be looking forward to a break from our usual routines as we hope for warm sunny days to accompany the light evenings. This year the winter seems to have dragged on and on bringing rain and yet more rain, with a few days of snow in early March which brought the country to a standstill.

Jesus wants us to enjoy our lives including our precious times of rest and relaxation to enjoy His beautiful creation, in order to recharge our batteries and simply to have fun with family and friends and a break from the events that keep us so busy in our everyday lives. Holidays can be fun but they can also be exhausting; possibly rushing from one activity to another. For others the days can seem long and lonely and managing everyday life can be a struggle.

Jesus had a busy ministry; people were flocking to hear Him preach and many came to Him to be healed. He made sure that He often withdrew to quiet, solitary places to pray. Many things can demand our attention and like Jesus, we can draw strength and have rest by spending time with God.

In Matthew 11 v 28 we read, *“Come to me, all you who are weary and burdened, and I will give you rest.”* Here Jesus is not talking about physical rest; He is talking about rest for our souls. This is a gracious invitation to all who feel weary and overburdened to come to Him and receive His rest. Most of us feel this way at one time or another. He invites us to come to Him to find the rest which our soul seeks. It is so easy to both search for and also to strive for rest in all sorts of places in an effort to find what only Jesus can give us. The rest Jesus promises is love, healing and peace with God. In John 14 v 27 we read, *“Peace I leave with you; my peace I give you.”*

*Kay Keen*