

1st August 2009

Dear friends,

Holiday time is upon us. I can't believe that we are now in August!! It will soon be Christmas!!!!

For some of us holidays are a wonderful time full of journeys to beautiful places, happy time spent with family and friends, good food, rest, relaxation and a time to recharge our batteries. For others it is something to dread as it can be a time of being tied to the house while the rain pours outside and the children get bored and fractious or it can mean that, due to lack of funds we are not able to do just what we would like to do. Perhaps it is even a time when rows and disagreements happen. It can happen even in the best of families! Maybe this is a year when we have been saddened by illness or bereavement in the family and that can sometimes make holiday time difficult.

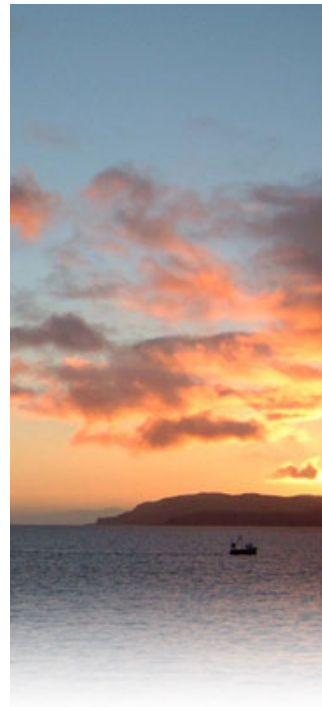
For all of us, whether we are to go away or to stay at home, whether we are sad or happy, sometimes we need to be reminded that God knows and understands us. He knows all our feelings, our fears and our needs. Because of Jesus, God knows what it feels like to be human. At times Jesus was tired and frustrated and needed a break. Sometimes, he would sneak away to go to quiet places to find rest and to pray. God knows the deep rest and peace that we need and he is the only one who can provide it. All we need to do is to come to him and to ask.

Jesus said, *"Come to me all who are weary and heavy laden and I will give you rest". (Matthew 11:28)*

My prayer for you is that, whatever is happening in your life this summer, you know the deep peace and the rest for your soul that only Jesus Christ can give you.

In Christian friendship,

Sue



1st July 2009

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27th May 2009

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29th April 2009

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4th April 2009

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