

Sixteenth Sunday Ordinary Time -B -2018
Jer.23.1-6///Eph.2.13-18///Mark 6.30-34

→on March 11th of this year we switched to Daylight Savings Time.

→when it comes to changing our clocks we are always reminded to “spring ahead” in March resulting in one hour less sleep that night....and to fall back in November...only to recapture that lost hour....

→and while I am sure we all like the extra hours of daylight that the time change brings...studies have shown that when we do switch time both in the spring and fall...in the days that follow there are more freak accidents that occur, work production decreases, and most of us find ourselves generally are more tired....until our bodies get use and adjust to the new time....

→so much so that the upheaval in our own personal body clocks caused the time change has led some to suggest that we abandon changing the clocks altogether....

→[now personally I hope that never happens....because I can go with a couple days of uncomfortableness in order to have longer days in the summer....]

→however....the logical conclusion that can be drawn from all of this..... is that we all need our rest in order to function at our best.

→some sleep doctors have suggested that we should look at sleep in the same way we look at our bank account

→with our bank account we make deposits and we make withdrawals but we always strive to maintain a healthy balance.....if we withdraw too much one-month...then we make sure we balance the account by making more deposits the next month.

→and so it should also be with our sleep and our rest when it comes to our overall health and well-being

→we need to balance our activities with the proper amount of rest

→[well].....in today's gospel...the apostles return from their mission and begin to tell Jesus how busy they have been....that there were so many people coming and going that they didn't even have time to eat or sleep.....

→[and] I think most of you would agree that, much like the scenario in today's Gospel, our modern every day life is quite similar.

→ even moreso, these days it seems as if life is getting busier and busier

PAUSE

→we are quickly becoming conditioned to live with deadlines to meet///quotas to fill///and destinations to reach

→with the illusion that...the busier one is, the more important you are

→and conversely....the more important you are, the more busier you are expected to be

→today from all directions ----telephone solicitors/T.V. advert. /employers/family members/friends...as well as smartphones, computers, tablets, laptops...everyone and everything is competing for our time, and energy, and attention

→and...as a result...we have also equated our sense of self- worth with this way of life

because....for many of us our lives today are defined by the results of things we have to do....by the things we accomplish...and by the more we do...

i.o.w. →THE MORE WE GET DONE...THE BETTER WE FEEL ABOUT
OURSELVES

→and what is BECOMING MORE AND MORE alarming is that.....in all of this bus-i-ness

→the quiet moments of solitude and peace are slowly becoming more rare for all of us

→and as we see....in today's gospel....this was no different for the disciples as well....

→today we hear about the apostles telling Jesus how busy they were

→and so Jesus responds very directly by saying: "COME AWAY BY YOURSELVES
TO SOME LONELY PLACE AND REST FOR A WHILE."

→[AND] ----so off they went in a boat to lonely place where they could be by themselves

→[now given the way we live these days] with all the pressures we place upon
ourselves...and the stress we incur....--I think this is important and good advice that J. gives...

→[i.o.w.]....I think it is a good idea to reflect on what it means to "rest" in our lives

→for some of us it may mean a change in our daily routine...or maybe it means less activity
and more sleep...and maybe means slowing down and taking notice of things we might take for
granted

→the word "REST" used in today's gospel also has significant meanings as well

→J. tells his disciples that they should go and rest for awhile

→advice that perhaps we too need to pay more attention to in our lives these days

→we all need to rest

→and vacation time (such as this time of year)...is a time for all of us to do just that//to maybe get in touch w/ourselves and the world around us on a deeper level

→to take things at a slower pace and to look at all that is happening around us

→to notice a tree, and perhaps gaze at the stars, to take some time to listen to the sounds of nature...and to notice the beauty of creation

→[and] to make sure that our thoughts, feelings, and actions, that our goals are in line with the gospel

---to make sure....that the life we are living, or trying to live is the one we want to be living, in the way we want it to be

→and it also is a time to once again realize the presence and love of God in our lives

→to notice and take note of all of the blessings we have been given

→and so perhaps the “rest” that Jesus is talking about in the Gospel today is really a plea to stop and take a good look at life and remind ourselves that everything we have, everything we are involved in and everything we have been given is a GIFT from GOD.

PAUSE

→today we find J. inviting his disciples to rest

→to stop all the bus-i-ness and all the running around

--to take a moment and remember what life is truly all about.....

→As we hear...the disciples needed some time to simply rest....to be with Jesus

→and so do we....

→and perhaps this summer...and what is left of it...is the time to do just that!!!