

Dear Friends,

It was wonderful taking a couple of weeks and traveling to Australia to enjoy time with my Mum, and also with my sister and brother and members of their families. Our daughter Taylor went with me and she had a blast seeing extended family members, driving on the other side of the road, shopping at "Op Shops" (Opportunity Shops-- Goodwill, Salvation Army, etc.), surfing, and so much more! She was a great travel buddy and I loved the time we had together.

It's a happy report that my Mum is doing well. She might be slowing down a bit, and has given up her "scooter" but is still very sharp, curious, interested in life, and living well. Her faith is strong, and she continues to compassionately look out for the wellbeing of others around her. It's sometimes hard to believe Magdalena is 96!

I enjoyed the restful time away, but was surprised this time at the challenges of recovering from jetlag. Yes, I've heard that as we age, things like this can take more of a toll.

It's important for all of us to take time to rest and reset. Travel can provide that rest as can camping for a few days, taking a microvacation or a staycation alone or with a friend. A change of pace is important for our mental health.

A famous biblical invitation spoken by Jesus to the apostles is recorded in Mark 6:31: "Come away by yourselves to a deserted place and rest a while." The context of Jesus' invitation to take a pause and enjoy some rest and recreation is:

- The apostles were exhausted from doing the work of ministry--traveling, teaching, caring compassionately for people.
- The crowds were so present and demanding of attention that Jesus and the disciples had not had a moment to sit down and enjoy a proper meal together.
- Jesus knew they would benefit from retreat, so he invited them to get into a boat and travel to a quiet, solitary place to recover their physical and spiritual strength.

May I encourage you to hear the voice of Jesus inviting you to "Come aside and rest a while." This exercise can help us stay fresh physically and spiritually!

With love,

Duff