

We were on pulpit exchange in a rural parish. A morning service at 10am. The afternoon time 2pm. This time was set by the cows waiting to be milked, late in the day. At the beginning of the service we were singing a hymn of praise. I looked out the window. Such a beautiful sunny day. Along the bush road came two young ladies on horseback for an afternoon ride. Lucky things I thought. Then, to my amazement, they tied their horses to the fence, and came into Church. A reason for me to sing louder. Of course, a typical country afternoon tea followed – fresh farm cream sponge

cake! And I had the pleasure of meeting them. Then they continued their ride along the bush track.

How different to some Sundays for a family. Parents flat out all the week, too tired for Church. Washing to be done, sports practices for Junior teams, and so on it goes. What has happened to the biblical teaching on the purpose of the Lord's Day, a day for rest and worship. So important for our spiritual and physical well being. And when we meet with our Lord and his people for worship, there is peace, blessing and renewal. The poet put it thus.

## Reflection:

O Sabbath rest by Galilee, O calm of hills above. Where Jesus knelt to share with thee, the silence of eternity. Interpreted by love.