



## **REST and RENEWAL**

At St Kieran's Catholic School and indeed many schools Week 7 is designated as a time of rest, a fallow week. In the busy ebb and flow of our school year we plan one week of doing less each term. A week with no school meetings and no homework, apart from reading of course.

Farmers acknowledge the benefits of resting their fields. Traditionally farmers have rotated their fields to include a year of fallow for each field every seven years. Even our almighty God, so the bible says, rested on the seventh day. Many cultures recognise the seventh day as a day of rest.

It is important to take the time to rest. Recreation and leisure are like a re-creation, a re-making of our strength and enthusiasm. We need to stop the usual things we do so that we can learn and reflect on our lives and not take things for granted. I wonder how many of us appreciated going to work following the COVID lockdowns?

Leisure time should be used carefully and not wasted. Take the time during Week 7 to turn off electrical devices and play a board game, go for a long walk, look at the family photos or prepare a picnic dinner and head outside. Leisure time is a time to reconnect with those we love without the pressures of having to do something or be somewhere.

We thank God for having the opportunity to find enjoyment in life and the blessing to be able to afford a week of fallow.