

**In this Sunday's Gospel from Mathew we read:
(Matthew 11: 28-29)**

Come to me, all you who labor and are burdened, and I will give you rest.

These words have always given me comfort. They also stir up a desire to seek out this interior rest present in a Soul. For who doesn't want interior rest, and peace.

And the only place to truly find and cultivate this rest within a Soul is through the person of Jesus Christ.

With that said: when was the last time you heard the word "Leisure" used. I wonder if today we have leisure confused with any activity. For example we might believe the playing video games for 8 hours is true leisure time. Is it?

I believe true leisure should lead us to rest. And when connected to the spiritual; true leisure, through Jesus Christ, shall bring a deeper peace and rest to a Soul.

Jack Beers of Dynamic Catholic Apostolate asked his team of peers: "What gives you rest?" What do you do to relax leading to rest.

Their answers ranged from: reading a good book in a quiet room, to praying in a quiet church, walking or riding a bike in beautiful and/or peaceful surroundings, a great meal with good conversation, a long drive just contemplating about things, and journaling.

Then he asked himself: "how often do you do this?" He thought: "Not as often as I would like."

Again I give this Distinction/Connection between (Rest & Leisure). True leisure will give rest. For Father Vic Gournas: I know if I sit down and read a good book in silence, it leads to rest. If it is spiritual reading; most certainly will lead to a restful state in a Soul. But I also think any of the above activities, especially for a "Practicing Catholic - connected to the Sacraments" will lead us to a peaceful restful Soul.

May we seek rest as a part of our lives. Time for genuine leisure, so we can be more open to God. For Peace at the level of our Soul. I pray as we place Jesus in the center / Take time for leisure / We will find rest. And to help us I leave you with:

I recently read this from the founder of Opus Dei: Father Josemaría Escrivá

-3 Holy Habits Saint Josemaria encouraged all Catholics to follow.

- 1) MAKE A MORNING OFFERING OF YOUR DAY TO GOD**
- 2) PRAY THE ANGELUS AT NOON**
- 3) EXAMINE YOUR CONSCIENCE AT NIGHT**

For number 1: I will add my own simple thought. The first thing I do in the morning when I have clarity of mind that I am actually awake Lol: I might say a Hail Mary, or a Saint Michael Prayer, and I usually repeat a few times, from the Divine Mercy Devotion, JESUS I TRUST IN YOU. Anyone can easily do that. But do what works for you. But at least start your day with a simple prayer(s).

For number 2: I think any Marion Devotion will do. So a Rosary is a most effective prayer.

For number 3: A simple way to this this is to reflect on these two questions. 1)Where and when did I encounter Jesus today, and 2)Where and when was Jesus absent today. May look at Thoughts, Actions, and Conversations etc.

To read the article from Aleteia and the 3 Holy Habits go here:

<https://aleteia.org/2023/06/25/3-holy-habits-recommended-by-the-founder-of-opus-dei/>

**Vivat Jesus,
Father Vic Gournas**