

Sitting in the shade in the path of a gentle breeze the village of Ardoix across the valley seemed deserted. Every day its church bell broke the silence and beckoned me across but I was on holiday in France and determined to rest, relax and restore my energy levels. I'd even abandoned my watch but old habits die hard and I really did need a walk. The village was quiet, the church blissfully cool, with none of the extravagant interior artwork of other churches I'd visited the week before, and tucked away off the main road in the village square was a welcome bar where we could have a lovely cool beer.

The word **holiday** has related but different meanings in English-speaking countries. Based on the words *holy* and *day* holidays originally represented special religious days or Holy Days of Obligation. The word has evolved in general usage to mean any special day of rest (as opposed to regular days of rest such as the weekend or in my case Friday).

The world we live in often seems unrelenting, people work long hours, hold down several jobs, are in constant communication with family or work by mobile phone, the roads are crowded and there may be a television or CD player at high volume in more than one room in the home. Add to this the pressure from the media and advertising to update the car or home, travel to far flung places for a week of nightclubs and daytime excursions and by the way remember to take your lap top so that you can keep an eye on the business, the stock market or just keep on top of the emails.

Is it any wonder that stress levels are



rising, that you sometimes feel like running away or screaming, *stop the world I want to get off.*

Holidays are a very important time because they hold traditions that will always be remembered and repeated for generations. They can also teach us that there are other things in life, that there is possibly a better way to live life.

The heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested... .. God blessed the seventh day and hallowed it. (Gen 2:1-3) The seventh day, a holy day, a time for rest and renewal, hang on to it and see if by stopping you can find a better way to live a long and blessed life.

Have a good August, find time for rest and the peace of the Lord be with you.

Coralie