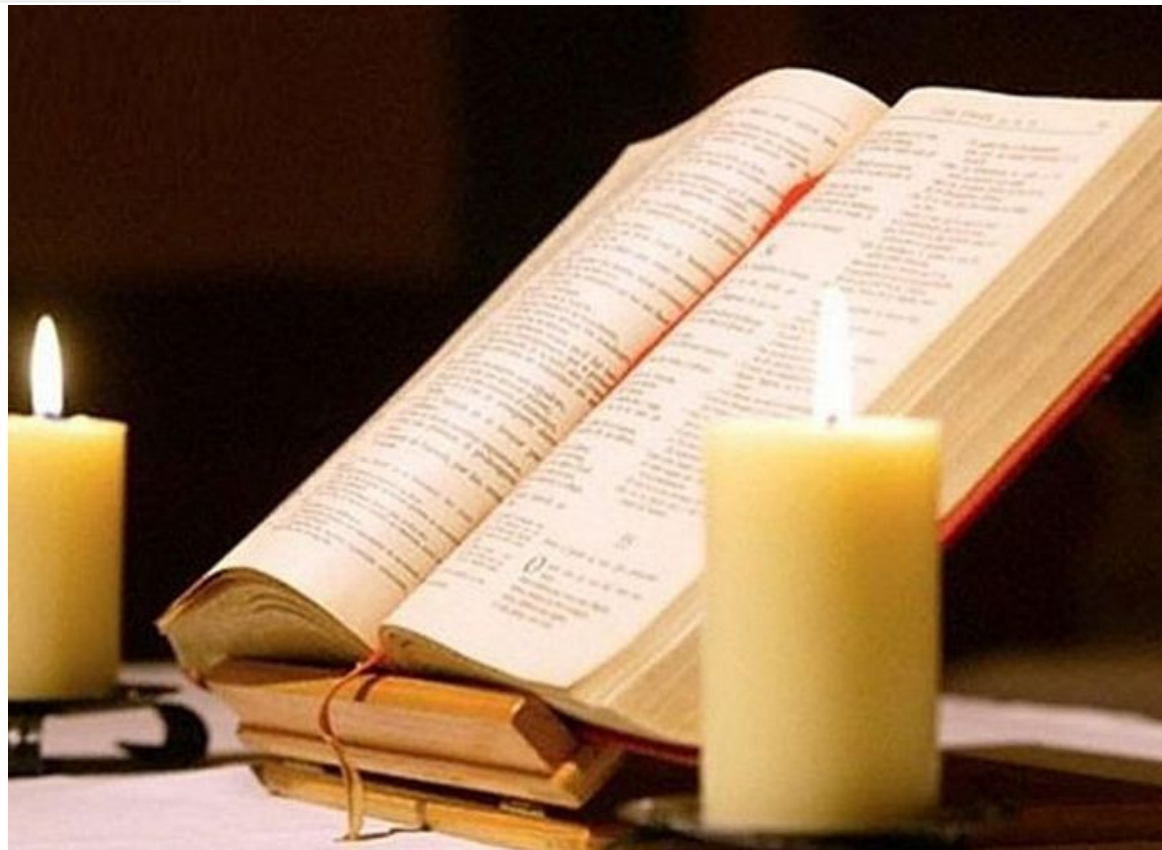


GOSPEL PEARLS

Physical and spiritual rest

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The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place. But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things. (Mark 6: 30-34)

Every pastor who is responsible for souls – souls saved not by his own blood but by the blood of the Son of God, can only repeat what Jesus taught. The rest Jesus speaks about is certainly physical rest, but it is also the spiritual rest we experience when we go to Mass, when we do a Holy Hour of Eucharistic adoration or go on a spiritual retreat. It is right that each of us, after the fulfillment of our earthly duties, should carve out time to rest both physically and spiritually.