the pilgrim on the journey...
knowing the God has the mountains...
‘Investigating Hibernation’ | here

How to Find Rest
the pilgrim on the journey...
knowing the God has the mountains...
How to Find Rest
The table of bread is now to be made ready. It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate. ...
So come to this table, you who have much faith and you who would like to have more; you who have been here often and you who have not been for a long time; you who have tried to follow Jesus, and you who have failed.

Come.
It is Christ who invites us to meet him here. ...
Loving God,
through your goodness
we have this bread and wine to offer,
which has come forth from the earth
and human hands have made.

May we know your presence in the sharing,
so that we may know your touch
and presence in all things. ...
We celebrate the life that Jesus has shared among his community through the centuries, and shares with us now.

Made one in Christ and one with each other, we offer these gifts and with them ourselves, A single, living act of praise.

Amen.
Dear Vasco,

in response to your question, "What is worth doing and what is worth having?" I would like to say simply this.

It is worth doing nothing and having a rest; You must rest Vasco – otherwise you will become RESTLESS!
What does rest look or feel like for you? Is it a priority? Why/not?

What’s your best resting memory and favourite place to take a kip?

Do you readily rest, or—like a toddler—fight until you’re made to lie down?

What inner whirrings and outer impediments ward off hibernation during the lean seasons when you really need to take a break?
**THE STAGES OF SLEEP**

**STAGE 1**
Your brain activity decreases from its stage of muscle wakefulness. The feeling of falling (officially named hypnic myoclonia) is sometimes experienced. Usually lasts 5-10 minutes.

**STAGE 2**
Periods of muscle tone mix with periods of muscle relaxation. Body temperature decreases and heart rate slows in preparation for deep sleep.

**RAPID EYE MOVEMENT (R.E.M.) SLEEP**
Intense dreaming with periods of muscle paralysis. First period lasts around ten minutes, and each REM cycle is longer than the last.

**STAGE 3 & 4**
Deep sleep. Your body begins rebuilding processes: tissue regeneration, building of bone and muscle, and strengthening of your immune system.

Source: webmd.com/sleep-disorders/guide/sleep-101
How to Find Rest
The Lord is my shepherd; I shall not want. 
He maketh me to lie down in green pastures: 
he leadeth me beside the still waters. 
He restoreth my soul: he leadeth me in the paths of righteousness 
for his name’s sake. 
Yea, though I walk through the valley of the shadow of death, 
I will fear no evil: for thou art with me; 
thy rod and thy staff they comfort me. 
Thou preparest a table before me in the presence of mine enemies: 
thou anointest my head with oil; my cup runneth over. 
Surely goodness and mercy shall follow me all the days of my life: 
and I will dwell in the house of the Lord for ever. (Psalm 23)
How to Find Rest
How to Find Rest

“Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.”

Psalm 127:1-2
“So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.” Genesis 2:1-3 (NLT)
Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly. (Jesus, Mt 11:28-30)
‘BERKLEY has went for her winter sleep!’ | here

How to Find Rest
“A hibernation is a covert preparation for a more overt action.”

Ralph Ellison, *The Invisible Man*
The 4 Stages of Sleep

NREM Stage 1
- transition period between wakefulness and sleep
- lasts around 5 to 10 minutes

NREM Stage 2
- body temperature drops and heart rate begins to slow
- brain begins to produce sleep spindles
- lasts approximately 20 minutes

NREM Stage 3
- muscles relax
- blood pressure and breathing rate drop
- deepest sleep occurs

REM Sleep
- brain becomes more active
- body becomes relaxed and immobilized
- dreams occur
- eyes move rapidly
How to Find Rest

What is most restful for you, to unwind and recharge?

Are there substitutes that promise rest but only exacerbate exhaustion?

What do we learn about the meaning of life and the designs of our creator by the necessity of sleep and the benefits of sabbath?
Open Table

How to Find *Rest*
“The Sabbath is to the week what the line break is to poetic language. It is the silence that forces you to return to what came before to find its meaning. ... We have to remember to stop because we have to stop to remember.” Judith Shulevitz

“[Worker], surrender. The inward thought. The inward silence. Be still inwardly, as a regular practice. In the form of stillness, see and hear everything.” (Nicholas Samaras, American Psalm, World Psalm)
Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. It is useless for you to work so hard, from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.” Psalm 127:1-2
THIS IS WHAT THE SOVEREIGN LORD, 
THE HOLY ONE OF ISRAEL, 
says: 
"IN REPENTANCE AND REST 
IS YOUR SALVATION, 
IN QUIETNESS AND TRUST 
IS YOUR STRENGTH, 
BUT YOU WOULD HAVE NONE OF IT. 
isah 30:15

Open Table
How to Find Rest
HYMN

Little flower let us pray
The world gets madder every day
There's little I can understand
The anxious hearts, the broken land.

All I want to know is you
Your leaves so green, your petals blue
Your beautiful humility
Are made of love and sanity.

Little flower let us pray
Together in this childish way
For there within your petals curled
Lies wisdom that would heal the world.
‘I AM here’ | Work of the People here
How to Find Rest
Quarry Church
Sundays, 8am
“Reclaiming Community: Mission, Church and Aboriginal Wisdom”
In the Beginning + The Country Is a Story
the pilgrim
on the journey...
knowing the God has the
mountains...