



Church of Our Lady of Mount Carmel
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FROM THE DESK OF FATHER JONATHAN

July 29, 2018

This week I ran into one of our parishioners on 187th St. and I commented to her that she was walking in the opposite direction of what she normally walks at that time of the morning. She responded that she has the week off from work and was on her way to a museum. Every day, she told me, she was going to go to a different museum or cultural exhibit here in NYC while her children are in Summer school. I was very impressed! Even if we can't get away this Summer because of finances or other responsibilities, there are so many ways to get some rest by changing our ordinary activities. For example, a new agreement was made by the City to allow anyone with a library card to get free access to over thirty museums right here in New York City. When is the last time you have been to the Natural History Museum, or to the Metropolitan Museum, or to the Cloisters, or to St. Patrick's Cathedral? Sometimes we forget that we have some of the greatest cultural treasures in the world within just a few miles of our home.

Why do I encourage taking vacation time, even if close to home? Because the human spirit needs to be refreshed. And when our humanity is refreshed we are best able to commune with God. On the other hand, when we are tired and stressed, or stuck in our routine, it is easy to allow our spiritual life to get stale as well.

So this Summer, or this Fall, take some time off or at least do things you normally don't that will help you relax and eventually draw closer to God.

God bless, Fr. Jonathan