

PASTORAL CARE MESSENGER

Christ Church Cathedral Ottawa, July 2023



And I will give you rest

“Come to me, all you who are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30

We need to hear that Jesus understands we are weary and are carrying heavy burdens, and that God will give us rest.... Standing firm in our tradition can help us allow ourselves to receive and rest in God's comfort, which threads its way through the scriptures, through Jesus' generation, to us today.

*From Dean Beth's sermon, Sunday,
July 9, 2023*

May we not just hear about this expansive kindness of God, but may we truly rest and feel its gentle comfort during these soft summer days.

Blessings,
Dean Beth



You have shown us the way of kindness, O Christ. Awaken the heart of kindness in us that we may be truly alive. In your loving name, we pray. Amen.

*If you need to speak with one of the clergy, please don't hesitate to contact
the Cathedral at 613-236-9149.*