



## The Bishop of Lincoln

### Summer 2024

Here we are: the end of the school year! This is a big moment for all of us. You've worked so hard all year, and now it's time to think about what's coming next. A new school year will bring new classes and teachers, and for some of you, even bigger changes in your education.

One of the great saints of the Church, John Henry Newman, once said, "To live is to change, and to be perfect is to have changed often." These words remind us that life is always changing, and that change is good for us. Sometimes change can make us feel nervous, but it's all part of growing up and becoming the person God wants us to be.

Throughout the school year, we see so much change: the seasons, the new things we learn, and the special events at school. We also have changes in our own lives – ups and downs, happy times and sad times, hopes and maybe even some disappointments.

All of this can be a lot to handle! That's why it's so important to have time to rest, relax, and recharge. Our school year is filled with breaks like half-terms, Christmas, Easter, and now the summer holidays. These breaks help us rest so we can start the new school year feeling refreshed and ready for new challenges.

In the Bible, we learn that rest was important to Jesus too. God created a special day of rest called the Sabbath. Sunday is an important day for Christians because it's a time to rest and be with God in prayer. This helps us be prepared for everything that lies ahead of us in the coming week.

So, can we use our summer holidays as a time of rest, like the Sabbath? I know I'll be resting in August after a busy year, and I hope you will be too. We all need rest, sleep, and fun to live well, so this summer, I encourage you to 'recharge your batteries' in whatever way you like best.

One of my favourite hymns is called 'Dear Lord and Father' and it has a verse that goes like this:

Drop thy still dews of quietness,  
till all our strivings cease;  
take from our souls the strain and stress,  
and let our ordered lives confess  
the beauty of thy peace.

These wonderful words are a prayer for rest, asking God to bring us peace and calm in our busy lives. I pray these words for all of you, that you may feel God's peace during the summer days ahead.

God bless you all,

The Rt Revd Stephen Conway  
Bishop of Lincoln