

Sometimes news about a family member, a friend or someone we know stuns us. We are shocked by what we hear. It takes time to absorb the information. Someone is sick or seriously ill. Someone has died. Someone has lost their job. Someone is going through a divorce.

In the Gospel Jesus learns that John the Baptist has been arrested. Jesus is shocked, surprised, fearful. He is probably disoriented and confused. What does He do? Matthew tells us "He withdrew to Galilee."

Galilee was like home turf to Jesus. It was a place of great familiarity, comfort and security. There were green hills, vast fields, abundant trees and plentiful chirping birds. And there were the calm waters and beautiful outdoors. Jesus withdrew to Galilee to absorb the news about John. He withdrew to Galilee for quiet, for renewal and for support.

Once He collects Himself, Jesus takes up the work John had begun. (Pause)

Jesus had His Galilee. Where is ours? To what place do we withdraw when we are in need?

For some, it is their room, workshop, or the bathroom.

For others, it is a cottage, the library, or going for a walk.

For still others, it might be spending time with a pet, or with their plants, time putting around the house, or going for a ride in the car. And then there's always shopping.

When Churches were open and unlocked 24 hours a day, they were an option. In different kinds of weather than we're having presently, being in nature is restorative, comforting and healing for many.

This week pay attention to times we withdraw....physically or emotionally.

Discover where we go to be renewed, refreshed and restored. This is our personal Galilee.

My sisters and brothers: In good times and sad, in joy and in sorrow, Jesus is with us. As His disciples on Mission we are never alone. This is GOOD NEWS!