



St Mark's Church, Reigate

July 2026

Letter from the Vicar, Father Martin Colton

Dear Friends

Finding Rest and Renewal This Summer

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11.28)

As summer approaches, many of us begin to look forward to a change of pace. The warmer months often bring holidays, longer days, and perhaps a little more breathing space in our busy routines. Summer is a natural invitation to slow down, rest, and reconnect – not just with family and friends, but also with God. The Bible reminds us that rest is not a luxury but a vital part of life. Jesus himself invites us to come to him when we are weary and promises to give us rest. This is not simply physical rest, but rest for our souls – deep, renewing peace that refreshes us from within.

Summer offers us a unique opportunity to step back from our usual busyness and listen more carefully for God's voice. Whether we find ourselves walking along the beach, sitting quietly in the garden, or simply enjoying unhurried moments at home, we can use this time to draw closer to him. Perhaps it's a chance to linger a little longer in prayer, pick up a devotional book, or spend more time appreciating the beauty of God's creation.

It's easy to think that spiritual refreshment must come from doing something extraordinary, but often it is found in the small, simple moments when we intentionally make space for God. For those who are traveling, may your journeys be safe and your hearts open to the ways God might speak to you in new surroundings. For those spending summer at home, may you find joy and rest right where you are, knowing that God is present with you in every season.

Wherever this summer takes you, I pray it will be a time of renewal, joy, and deeper connection with God. Let us embrace this season as a gift – to rest, to recharge, and to remember that God is the true source of our peace.

Wishing you all a blessed, restful, and joy-filled summer.