

July 10th: Rest and calm

Where's your favourite place to visit? For me its Spain, I love going there and its like coming home for me, back to a place where I spent many happy years both as a student and teaching. I love Spain around 25th July as they celebrate their national holiday in remembrance of St James-Santiago-as they call him. It's a time for fiestas, celebrations, time off work special meals. And for many it's the beginning of the holidays, time to get out of the heat of the cities away to the coasts and beaches and time away with family and friends.

Its really important for us to celebrate key times in our lives. Coming together and doing something different, time away from the humdrum and the normal routines we all have. We can then re-charge batteries; be calm and serene, and simply let life lead us and wash away the troubles that sometimes get in the way. Often we don't have to make mega journeys, but in our own areas, discover that special place where we can simply sit and relax. It might be a park, even a room in our house, but that special place simply to stop and be at peace.

So let's try and do that, and have our own special fiesta.

This is Fr Francis Parkinson, from the Catholic parishes of St Brendan, St Columba and St John, Bolton