

June 26, 2026 'Summer Leisure'

Friday Grind #537

It's summer time here in the northern hemisphere. And when we think "summer," we usually think vacation or enjoying more leisure time—especially outdoors. Consequently, I thought it would be fitting to give you 20 quotations on rest, leisure and play from a variety of individuals. I invite you to reflect on these "leisurely."

1) The true object of all human life is play. Earth is a task garden; heaven is a playground. *G. K. Chesterton*

2) Play is called recreation because it makes us new again; it re-creates us and our world. *Stuart Brown*

3) The Chinese pictograph for "busy" is composed of two characters: *heart* and *killing*. *Br. David Steindl-Rast*

4) Cease a moment, stop your work, and take a look around you. *Leo Tolstoy*

5) The opposite of play is not work. It is despondency... One imaginative interpretation of "God rested" is that on the seventh day God kicked back, opened arms wide, and laughed and laughed, making all things whole and holy. *Rose Marie Berger*

6) For five years I raced around digging ponds, chopping trees, clearing paths, pulling rocks, unclogging channels, planting—always making lists, plans, agendas; always "improving" things. One

day, after finishing yet another important project, I made a list of all the things I had left to do. According to my schedule, I could begin enjoying my land twenty-five years down the line. Something was dreadfully wrong. *John Taylor Gatto*

7) Forget about productivity once in a while and give yourself permission to goof off. *Amy Morin*

8) Jesus knows we must come apart and rest awhile, or else we may just plain come apart. *Vance Havner*

9) A saint was once asked, while playing happily with his companions, what he would do if an angel told him that in a quarter of an hour he would die and appear before the judgment seat of God. The saint promptly replied, "I would continue playing, because I am certain that these games are pleasing to God. *St. John Bosco*

10) Cartoon character to a friend: "I've tried relaxing, but—I don't know—I feel more comfortable tense.

11) Many church ministers see themselves as a lasting exception to the need for play and rest. They act—and often speak—as if... all the work of God rests on their Atlas-like back alone. *Wayne E. Oates*

12) I've lived too much of my life where people can reach me. *Rumi* (13th century Persian poet)

13) The most valuable thing we can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of a room, not trying to be or do anything whatever. *May Sarton*

14) **Eutropalia** is the virtue of being able to rest and play and have a good time.

Anonymous source



15) There is no music in a “rest,” that I know of; but there’s the making of music in it. And people are always missing that part of the life-melody. *John Ruskin*

16) Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon. *Susan Ertz*

17) We don’t stop playing because we grow old... we grow old because we stop playing. *George Bernard Shaw*

18) Play is our brain’s favorite way of learning. *Diane Ackerman*

19) Together with the culture of work, there must be a culture of leisure as gratification. To put it another way: people who work must take time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport. *Pope Francis*

20) What do I want to take home from my summer vacation? *Time*. The wonderful luxury of being at rest. The days when you shut down the mental machinery that keeps life on track and let life simply wander. The days when you stop planning, analyzing,

thinking and just *are*. Summer is my grace period. *Ellen Goodman*



For reflection:

Did any of the quotes or pictures stand out for you? Share with someone. You don’t even have to tell why—but you can if you want to.

What grade (from A to F) would you give yourself for how well you balance work and leisure in your life today? What about in your past?

What are some of the ways you rest, have leisure, or play?

Do you ever play with God?

Did Jesus ever rest, have leisure, or play?

A Church that plays together, prays together.

2nd Saturday’s of Euchre at First UCC in Richmond MI are fun and leisure at it’s best. We play and graze, lots of laughs and sometimes very loud.