

Personal Reflection – July 11, 2025

## Tears and Laughter

Jesus says, “Go in peace” to the woman who massages his weary feet, and dries them with her beautiful hair! Wow!

In this golden age I celebrate that command to me: “Jane. Go in peace.”

I celebrate that command by making sabbath, the word, *a verb*. I sabbath every day, all day long. How does a woman in a rocking chair sabbat?

On the back porch, in my colorful impatience garden, in the delightful quiet, I sabbath by leaving the devices on my desk. I have come to know that for me, devices divide. At times, of course, they connect, as with my FaceTime calls with my friend in Tanzania, and my Wednesday Zoom with my friend across town.

I sabbath when I quiet Jane, when I stop her from housework, or writing these pages, or sweeping the decks. Jesus did not say, “Go to work!” He said, very clearly, “Go in peace.”

He said to me: “Sabbath, Jane!” I do, and I get tears, Shekinah tears, and laughter.

--Jane Vella