

becoming ONE

nurturing your marriage



“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Mt. 11:28-30).



Many of us are experiencing stress, strain and weariness resulting from the months of sheltering in place, possible financial difficulties, illness, the death of loved ones, schooling at home, isolation, lost opportunities, joblessness, and other struggles -- all emanating from the impact of Covid 19. We are experiencing personal, relational and societal “weariness.” In this time of some unprecedented challenges, as Orthodox Christians, how are we responding to Jesus’ invitation to “come to” Him for rest? Particularly as married persons, let us reflect on how we are “coming” to Christ in our personal and collective weariness, so that this time of struggle and uncertainty will draw us to Him and to one another as husband and wife, rather than create or widen a rift between us.