



SUNDAY, MARCH 10

Then he said to them,
“The sabbath was made for humankind,
and not humankind for the sabbath.”

— Mark 2:27

The disciples walked through a cornfield and helped themselves to some of what they found there. Later, severe criticism: why had Jesus allowed them to pick corn on the sabbath day, when all work is forbidden?

Well, because they were hungry. Besides, Jesus says, the sabbath was made for humankind, not the other way around.

Sabbath observance is important enough to the Jews to be included in the Ten Commandments. But the relationship of the people to the law is always a practical one: maybe you don't work on the sabbath, but you still have to feed your animals and milk your cows. Allowing another being to suffer is not a legitimate part of anyone's sabbath observance. In this statement, Jesus stands squarely within his own tradition.

So much of what Episcopal Relief & Development does on our behalf is simple like this—seeds, food, shelter. Choose life. Take care of those who need help. It's not rocket science. And we don't have to be lawyers to figure it out. Just good-hearted people with faith in God and some common sense.

— **Barbara Cawthorne Crafton**