

Rest is holy. Rest rejuvenates, renews and recreates. Rest is a gift from God to remember that we are human beings, not human doings. And rest is hard. Especially in a pandemic. The Front Range region encouraged clergy and lay leaders to observe a Sabbath rest by providing a respite scholarship fund to Cathedral Ridge. Across Colorado, from June 2020 to present, more than fifty clergy and lay leader families, some of whom had not been before, enjoyed stays. Many shared that Cathedral Ridge was the only rest period they have had during the pandemic. The Rev. Mary Kate Rejouis, rector of St. Aidan's in Boulder, writes of her [experience](#) in the quarterly Colorado Episcopalian. These are the Front Range church leaders who have been renewed:



The Rev. Melissa Adzima, rector of St. Stephen's, Longmont  
 The Rev. Krista Dias, rector of St. Luke's, Ft. Collins  
 Kate Hope, Music Director at St. Mary Magdalene, Boulder  
 Meg Gallegos, Children's and Family Ministry Director, Trinity, Greeley  
 The O'Rourke family, Holy Comforter, Broomfield  
 The Rev. Mary Kate Rejouis, rector of St. Aidan's, Boulder

Mike and Gina Shedd, Holy Comforter, Broomfield

