Brother to Brother: Making Time for Rest in Service *continued from front cover*

came back a second time, touched him, and said, 'Arise and eat, because the journey is a great many days for you.' So, he rose, ate and drank, and he went with the strength of that food forty days and forty nights, as far as Mount Horeb. There he went into a cave and rested" (3 Kings 19:5-9). The prophet Elijah needed rest, compassion, encouragement, and nourishment. He received all of this after an exhausting ordeal.

Brothers, we too need time to rest and be nourished, for the journey is a great many days ahead of us. May we continue in the strength of the nourishment we receive in the Holy Eucharist, the Bread of Life, and we find rest under the tree of the Cross. As the Apostle Paul prayed, *"May your spirit and soul and body be preserved, entirely blameless at the coming of our Lord Jesus Christ" (1 Thessalonians 5:23)*.

I ask for your prayers,

Fr. Gregory Hohnholt
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If you wish to contribute a reflection to the next issue of *Priest to Priest*, please email jguidera@iocc.org

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A QUARTERLY PUBLICATION FOR ORTHODOX CLERGY

2026 Issue 2

Brother to Brother: Making Time for Rest in Service

A Reflection by Fr. Gregory Hohnholt

We all know that IOCC does tremendous work throughout the globe, responding to crisis situations and bearing witness to the gospel of Jesus Christ, "not in word and speech, but in deed and truth" (1 John 3:18). On the homefront, IOCC not only sends Frontliners to provide spiritual care, but also provides volunteers and supplies to support the physical needs of those negatively affected by natural disasters. The eternal God out of His deep love and compassion became incarnate for us. Our faithful response is not only concerning matters of the spirit, but of the soul and body as well.

As priests, we focus on shepherding the flock that has been entrusted to our care. We all know the sacrifices necessary to strive to be good shepherds in imitation of The Good Shepherd. But we do so in the temple that has been provided for us to work in; not just the Temple of the Church we serve in, but the temple of our body in which we also worship God (1 Corinthians 6:19). Our physical body participates in the service we are called to render to God and to those entrusted to our care. Just as we care for the temple we offer the services in— properly adorning it, repairing it when needed, cleaning it, and so on— so too we provide care for the temple of our physical bodies, our physical health. We care for the temple of our bodies through proper rest, nourishment and physical activity. Clergy health also includes care for our souls through prayer, quiet, and quality time with family. Jesus Christ Himself took time to rest and be alone.

The Prophet Elijah, after the slaughter of the prophets of Baal and bringing an end to the great drought through his holy prayers, became spiritually and physically exhausted as he was pursued by Jezebel, who sought his life (3 Kings 19:2). Elijah ran for his life, arrived at Beersheba of Judah, left his servant there, and went on another day's journey. There he prayed concerning his life, that he might die, and he lay down and slept under a tree.

"Unexpectedly, someone touched him and said to him, 'Arise and eat.' Then Elijah looked, and there by his head was a cake made of wheat, and a jar of water. So, he ate and drank, and lay down again. Again, the angel of the Lord

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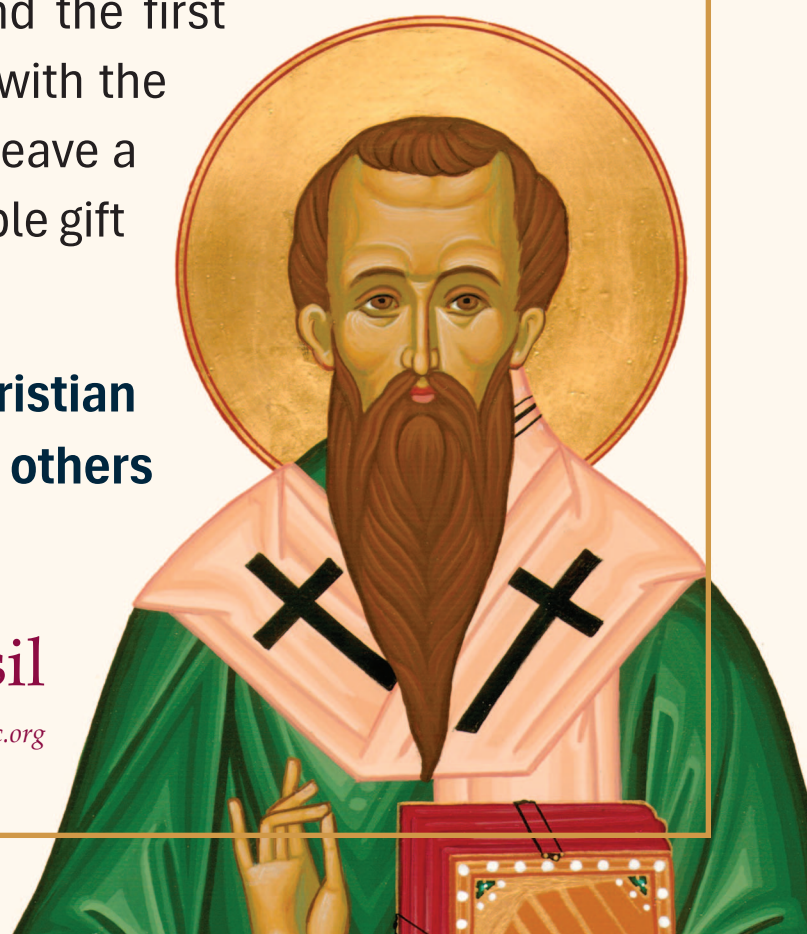

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