

Reasons for a Sunday of rest

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Sir: Most Christians honor Sunday as the Day of the Lord. In our multicultural and pluralistic society, however, there are many who honor a different day, or see no need to set aside any particular day for the praise of God. Accordingly, it is no longer appropriate to protect Sunday from being open for business only on the basis of Christian belief.

There are, however, sound human reasons why one day of the week — specifically Sunday — should be generally closed to commerce. These reasons are compelling whether or not one believes in Sunday as the Day of the Lord.

All of us have a right to rest from our work at least one day each week. We need a day free of the pressure to be productive and efficient. This day of rest allows us an opportunity to renew ourselves and to focus on goals that provide for our personal growth.

The family, in particular, needs a day of rest common to all its members so that they may draw closer together by shared activity and interests. A business-as-usual Sunday would deny this precious moment to thousands of Ontario's families.

The maintenance of a day of rest underlines our vision of ourselves and the world. It is a witness to our belief that commercial and economic interests, no matter how important, do not hold precedence over the needs of people to recreate, to strengthen relationships, to think in the heart, and to simply rejoice in the beauty of creation. Without these, people become merely cogs in the wheels of commerce, lacking in what makes them truly human.

Why should Sunday remain as the cho-

sen day for rest, play and thought? In Canada, Sunday as a day of renewal is at least equally rooted in tradition as in religious conviction. Sunday as a "day off" is part of our culture, albeit shaped by Christians. It is a day which family members and friends have come to count on for coming together. Since we have such a day why look for another? A business-as-usual Sunday would force many people to settle for another day of rest when family and friends could not celebrate with them.

Meanwhile, Christians are called to honor Sunday as the Day of the Lord whether commercial interests overtake it or not.

We are disappointed that the government of Ontario has abdicated its position of leadership in respect of this issue. We commend London's civic leaders for their advocacy of a shopping-free Sunday.

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