

Chaplain's Spot

Labour Day and REST

During the Industrial Revolution, factories needed to be running around the clock so employees during this era frequently worked between 10-16 hour days.

Henry Ford, founder of Ford Motor Company, advanced the 8-hour day idea in 1914, when it scaled back from a 48-hour to a 40-hour workweek. He believed that too many hours were bad for workers' productivity. The formation of unions helped to strengthen the idea of working five days a week as well.



Labour Day in Australia is a public holiday held on different dates in different states. It has its **origins** in the eight hour **day** movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

Aren't we fortunate to be living these days? Although I am sure that many people still work long hours, we are more aware of the importance of leisure time with family, to relax and rejuvenate. It can help us to review our priorities, and ensure that in our striving we will not forget our family and friends who we value most.

One-liner of the week: Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.

Ralph Marston

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

The Chaplaincy program is funded through the Federal Government & Community support including; “Inspire! School Chaplaincy Network”, CCCVaT, Great Ryrie Primary School Council and local private and community donations.