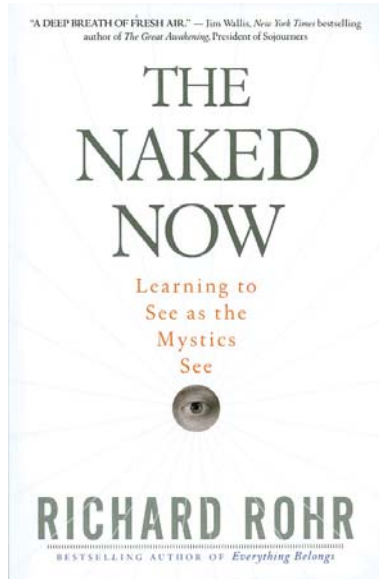


GOOD SUMMER SPIRITUAL READ



The enlightenment we seek has been present in Christianity from the beginning. Fr. Richard Rohr, a global leader in spiritual awakening, helps us to recognize the forces (such as ego resistance and dual thinking) that separate us from our deeper selves. Then, drawing from the Gospels and the greatest Christian contemplatives, he shows us what it means to be spiritually awake. We'll learn how to:

- Awaken our desire for God
- Free ourselves from the fears that cripple us
- Connect to the joy already within us
- Transform ourselves and inspire others
- See as the mystics see
- Live in full awareness of the naked now

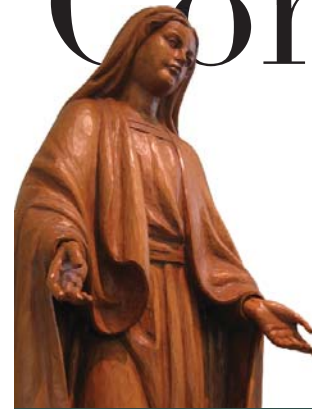
ABOUT THE AUTHOR

Fr. Richard Rohr is the founder of the Center for Action and Contemplation, a guest on the radio show Oprah and Friends, a regular contributor to Sojourners and Tikkun, and the author of books such as Adam's Return, The Enneagram, Everything Belongs, Simplicity, and Things Hidden.



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11TH: YOU SHALL REST

So, it's the time of the year when we are abandoning our workplaces and day-to-day activities in order to rest and enjoy some time off. Some of us have been counting days for weeks or months now until the long awaited time of vacation comes. Some, however, are facing long dilemmas: Do I have to? What should I do with my time off? Where can I/we go? There are, of course some, who due to economic circumstances will not be going anywhere, who actually may catch some seasonal employment while others will be vacationing. They would gladly work at this time and enjoy whatever income they may generate. Let us, then, focus on these who are blessed enough to have some time off.



DO I HAVE TO REST?

The time for rest, as beautiful as it sounds, does not come completely free of responsibilities. The story of creation (*Since on the seventh day God was finished with the work he had been doing, he rested on the seventh day from all the work he had undertaken. So God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation.* GENESIS 2:2-3) does not only refer to 'the seventh day' as in Sabbath or Sunday, but also to a very general concept of a rest. To put it simple: God wants us to do 'nothing' 1/7 of our lives. Why is that? First of all, because we deserve to rest and re-generate. Secondly, it is vital for us to rest if we are continue to work effectively and with new vigor. You may think you do not need to rest, yet by resisting time off you are actively burning yourself off and effect your clients, coworkers and yourself. Just imagine how would you feel if you knew that a surgeon, that is to perform a surgery on you, has not been getting enough sleep or simply looks very tired... It really does not matter what kind of job do you do: the rule applies to all in the same way. Even if you are just thinking or working as an artist: your creativity and effectiveness will be significantly diminished if you are not properly rested. Actually, it is not exactly about 1/7 of our lives that should be spent on doing 'nothing'; it is more about maintaining our capacity to slow down, reflect, meditate and really

enjoy our time off. For those who are workaholics, this sounds like the most difficult task. For them even a simple and 'lazy' family dinner can grow onto a monstrous and very stressful exercise. Our time off is for us to enjoy a full stop position, which of course does not mean a complete lack of any activities whatsoever; it is rather about quality time. Thus our time off comes with some moral and social responsibilities; yes, it is a privilege, yet it has some concrete obligations with it as well.



WHAT SHOULD I DO WITH MY TIME OFF?

There is not one-size-fits-all solution. Everybody rests differently and is getting recharged in an individual way. First of all, try to spend your time differently than your active time. Do something that you normally have no time for. Engage (vent) your brain in something extraordinary. Take your time to think, to read or to create something new. Expose yourself to some arts including good music, a play, a gallery etc. Turn off your cell phone, don't check your e-mail as frequently or give your facebook a break. Imagine, people had lived before these devices became 'our daily bread' and they were happy! Just try. Don't give up right away; at least survive one big temptation to get back to them immediately. If you are spending your time with your family or friends, find some time to be FOR them, whether it is talks, or walks, or other activities.

Try not to limit that time by the number of hours; e.g. stay up late and have late breakfast the following day. If you are away, go with your family to a local church and 'check' their liturgy and community. Talk about it with your family members afterwards. It puts your regular worship into an interesting perspective. Take some pictures, or maybe write a journal or a blog. These memories are priceless. It might be a good time to plan something together for the upcoming year(s) or set a goal. Don't forget to try cooking something new, even if you end up ordering pizza...

WHERE CAN I/WE GO?

Resting does not have to involve long and expensive travels, although it could help to change your ordinary environment. Short trips within the state or even city might be equally as powerful. It is rather what you do with the time. And no matter what you do, one thing is certain: you have this time only once!
Enjoy your time off,

A handwritten signature in black ink, appearing to read 'Fr. Chris, 11/11/17'.