Taking Back the Day of Rest
BY JER BRYANT, INTERFAITH CHAPLAIN

We work a lot; it’s true. Sometimes we forget self-care. We forget to recharge mentally and spiritually. Why do so many of us feel shame when we step back and take time for ourselves? What makes us feel compelled to always “be on?”

I am taking back the day of rest. Each week, I have a sabbath. Of course, mine looks a bit different than what one might think when they hear “sabbath.” My day of rest involves burning prayer candles, meditation, letter writing, poetry, singing, spending time with my parents, listening to music, and art. I also do a lot of remembering - remembering loved ones I still have with me and those who are no longer here. I reflect on the week. Specifically, I ruminate on times I have been shown unconditional love and compassion and wonder how I can do the same for others. My day of rest is filled with peace, reflection, and rejuvenation.

How often do we treat each communication, each email, phone call, or text message that we receive on our day off as urgent? The truth is that some communications are urgent, but many are not. Some responses can wait a day, and on our day off, we should give ourselves permission to screen, to figure out what needs immediate attention and what does not. Let us be honest with ourselves. We better serve others when we have practiced self-care, when we are recharged. Let us also be honest about self-worth. We - like all sentient beings - are worthy of love and compassion. We must include ourselves in the kindness we exercise in this realm. In fact, Buddhist leader Thich Nhat Hanh says, “If we do not know how to take care of ourselves and to love ourselves, we cannot take care of..."
the people we love. Loving oneself is the foundation for loving another person.” I find that after a day of rest, I start my new week less exhausted and better prepared to handle whatever may come. After self-care, I am a stronger educator, spiritual mentor, and advocate.

So, how will you spend your day of rest? Will you go for a hike or a run? Will you play guitar or dance? Will you call a loved one? Will you read poetry or Scripture? How about a fun movie? (It’s almost time for “Hocus Pocus!”) However you choose to relax, relax. Forget all of your roles and your lists of things to do.

On our journey
may we be good to one another.
May we be good to our planet, its oceans, rivers, trees, and animals.
May we be good to ourselves.

Remember, you are also worthy of respect, love, and compassion. It is okay to rest.

For a list of our regularly scheduled fellowship group meetings, go to the Spiritual Life webpage and click on “Spiritual Organizations on Campus.
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Helpful Links on LinkTree at - SpiritualLifeCenter
Passages … through grief

A Grief Recovery Program
for those who have had significant loss due to death, divorce, relationship strain, health issues. Losses due to Covid 19 will be addressed.

Learn to understand and cope with grief.
Bring hope back to your life.

Where: The Program will be held virtually (on Zoom) for health safety.
When: 6 sessions held on Thursdays, beginning September 17th
Time: 6:30 p.m. to 8:30 p.m.
Cost: $75.00 per person (scholarships available)
Leaders: Mary Ann Lippincott, Ph.D. Licensed Psychologist, Fellow, AAPC
Susan H. Williams, BSW, Certified Grief Counselor

For more information or to register,
contact Susan Williams at 434.944.8458.
Or register online at www.passagesthroughgrief.com

Registration is necessary by 9-10-20 to allow for manuals to be mailed to participants.

The Chaplain's Corner is a newsletter published by the Spiritual Life Center (SLC) at the University of Lynchburg. We share campus concerns and updates, spiritual life events and activities, and words for the journey. If you have a joy or concern you'd like to share, reply to this message, email the SLC office - spirituallife@lynchburg.edu, or call 434.544.8348. We only share with your permission. Current and previous issues are on the SLC page of the University website - www.lynchburg.edu/spiritual-life.