



Spring 2007

## Are You Aware...?

Yes, we are aware that this is the question we encouraged you to reflect on in our last letter. The reason we're asking it again is because of the response we received from so many of you who read our correspondence. Apparently we struck a nerve!

Enclosed was a bookmark with an invitation to begin examining your day's thoughts, feelings and actions in terms of how God seemed to be present and how you responded to God's presence. You were encouraged, while quietly praying, to begin to simply look over your day from its beginning to its end with these enlightening questions gently guiding you:

- **At what moments did I give and receive the most love today? At what moments did I give and receive the least love today?**
- **At what moments did I feel most alive today? At what moments did I feel least alive today?**
- **What were today's high points? What were today's low points?**

Also, the suggestion was offered to end your prayer, taking time to thank God for the gift of the day and God's presence in all that was given.

Our hope was *simple*...

It was that as you became more aware, you'd recognize when the speed and pace of life, the noise and pressure, the outrageous frenzy of it, were simply too much for you to manage.

Our hope was *straightforward*...

It was that as you became more aware, you would less often pack your calendar so tightly that you can hardly breathe.

Our hope was *uncomplicated*...

It was that as you became more aware, you would understand more clearly that you will not begin to live more fully until you have the courage to say and do and savor and experience much less than usual and choose instead to take the time necessary to pay closer attention to your life and God's presence within you.

One thing is certain. You'll never become more aware of God's presence in your life if you never stop; to look and listen to your life.

There is a time for *everything*; the book of Ecclesiastes reminds us. There is a time to work, but there also is a time to stop work. And if we don't, we're likely to discover what the author of Ecclesiastes knew: Our work, no matter how significant and meaningful, will become trivial and inconsequential.

Theologian Wayne Muller writes of the astonishing wisdom in the traditional Jewish Sabbath.

*Sabbath is not dependent upon our readiness to stop. We do not stop because we are finished. We do not stop because we have completed our phone calls, finished our project, gotten through this stack of messages, or sent out this report that is due tomorrow. We stop because it is time to stop...Sabbath liberates us from the need to be finished. The wise old Sabbath says: Stop now.*

Yet, does it trouble you, as it does me, that we may stop to rest less than God does? That God stopped and rested may be the best reason we'll ever have

to stop and rest and become more aware.

I'll be honest. Stopping what I'm doing is not a thing I do naturally, easily, or well. However, when I have stopped doing "my thing" to do "no-thing", it has oftentimes improved my awareness of God's presence and those things that only God can do.

Has the reality of God stopping to rest ever seemed peculiar to you? I mean, God doesn't get tired. And since God knows everything, what need does God have to become aware?

Yet we do need to stop! Thus it is kind and thoughtful of God to lead the way. "Sabbath is imitating God's own rest in order that we might become more like God and yet know that we are not God," writes Mark Buchanan. "Our refusal to stop usually stems from getting this exactly backward. We don't imitate God's own rest because we are too busy trying to *be* God...I am so busy *being* God—I have no time to be *like* God."

There's a delightful story about Martin Luther and his friend Phillip Melancthon who was a brilliant scholar. Luther, on the other hand was "forever the rough-hewn peasant, the earthy, ale-loving rabble-rouser."

One morning Melancthon announced to Luther, "Today, you and I shall discuss the governance of the universe."

To which, Luther replied, "No, my friend. Today, you and I will go fishing. We'll leave the governance of the universe to God."

So too shall we, I pray. By God's mercy and grace, so too, shall we.

## Can't Go One More Step?

Have you ever felt this way? Have you pursued spiritual productivity over intimacy with God and come up EMPTY?

Suspecting that some of you have, we'd like to invite you to treat yourself to a few days of rest and renewal in one of the most beautiful settings in the world. Even if it seems impossible, please consider joining Fil and Lucie Anderson at beautiful Glen Eyrie in Colorado (June 29-July 1) for a spiritual growth conference that will focus on the threat of burnout in life and ministry. Learn about how to live *with* God instead of *for* God. Allow God to refresh and refocus you, at what promises to be an uplifting weekend conference.

Glen Eyrie is only minutes away from Colorado Springs (but miles apart from the busyness of the world) and a ministry of The Navigators. The peaceful and beautiful grounds serve as a place of rest and rejuvenation, a reminder of the importance of stillness and prayer. Both aspects of the Glen Eyrie ministry, the property and the programs, perfectly align with and enrich the mission of the Navigators: *To know Christ and make Him known.*

Session topics:

- The Road to Exhaustion: Living *For* God Instead of *With* God
- The Road to Intimacy: Living Life *With* God in Solitude and Prayer
- The Road to Transformation: Living *With* God in the Prayerful Reading of Holy Scripture
- The Road to Compassion: Living *With* God in Sorrow and Joy

The cost of the conference, which includes housing and meals, is \$158 per person. For more information visit Glen Eyrie's web site at: <http://www.navigators.org/us/ministries/gleneyrie/>

## Investing in Journey Resources

Last summer we were confronted with the financial consequences of our apparent failure to clearly express Journey Resources' purpose and why partners are needed to help fund its mission. It was a failure we intend to not repeat.

Therefore we wish to reiterate our purpose and express our continuous need for partners.

From its inception, Journey Resources' mission has remained simple and clear:

*Journey Resources offers the message of God's love, grace and mercy for all people found through Jesus Christ. Providing thoughtful and creative opportunities to discover God's loving care, our mission extends as far as God leads and reaches through us.*

Following are several distinctive elements of our mission:

- It is our earnest intent to be as self-sustained as possible. Approximately one half of our essential funds are covered by fees for speaking engagements and proceeds from the publication and sale of books.
- We charge no fee for spiritual direction. In addition, we regularly consult with individuals and groups and accept invitations to speak with no associated fee.
- We believe that the services we provide globally are enhanced and preserved by being well-grounded and involved locally. Therefore we deliberately attempt to place limits on out of town travel.

Please, if you are not already doing so, would you prayerfully consider assisting us? No level of support is too small to be considered insignificant. Your comments and inquiries are also most welcomed.

You may make a donation by returning your gift in the enclosed envelope, by visiting our web site at [www.journeyresources.com](http://www.journeyresources.com) and using

an existing Paypal account or credit card. Or, if you wish to establish a monthly draft, please notify us and we'll gladly provide you with the needed information.

Mere words cannot express how grateful we are for the privilege of being engaged in this mission. It's our desire to continue offering the message of God's relentless love, grace and mercy for years to come. Please accept our heartfelt thanks for listening and partnering with us in whatever way you have in the past and are led again.

## Summer Reading Recommendations:

*Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives*  
Wayne Muller

*The Practice of the Presence of God*  
Brother Lawrence

*Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting*  
Marva Dawn

*Sabbath Keeping: Finding Freedom In The Rhythms Of Rest*  
Lynne M. Babb

*A Testament of Devotion*  
Thomas R. Kelly

*When the Heart Waits*  
Sue Monk Kidd

*The Sacrament of the Present Moment*  
Jean-P De Caussade

*The Importance of Being Lazy: In Praise of Play, Leisure, and Vacations*  
Al Gini

*Awake My Soul: Practical Spirituality for Busy People*  
Timothy Jones

*The Way of the Heart*  
Henri Nouwen

*Running on Empty: Contemplative Spirituality for Overachievers*  
Fil Anderson