

TERRY HERSHEY

Relax, Refuel, Restart

A retreat guide for everyone in ministry

LOYOLAPRESS.
A JESUIT MINISTRY

3441 N. Ashland Avenue
Chicago, Illinois 60657
(800) 621-1008
www.loyolapress.com

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*Cover design by Kathryn Seckman Kirsh
Interior design by Beth Adler*

ISBN-13: 978-0-8294-2910-7; ISBN-10: 0-8294-2910-7

Printed in the United States of America
01 02 03 04 05 Bang 10 9 8 7 6 5 4 3 2 1

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A NOTE FROM THE AUTHOR

In her rearview mirror, a woman sees blue flashing lights. With a knot in her stomach, she pulls over and stops. The police car pulls up behind her and stops, and the officer approaches her vehicle. The woman starts talking anxiously, “I know, officer—I can’t even believe it. I was going way too fast. I don’t know what else to say.”

“Yes, ma’am, you were speeding. What seems to be the problem?”

“Isn’t it obvious?” she replied. “I’m lost.”



WHY WE NEED THE POWER OF PAUSE

We are lost today in our constant efforts to do many things and be many people and get to many places—fast. I’m reminded of a Hopi word: *koyaanisqatsi*, which translates as “life out of balance.” Although it doesn’t take a long word to help us recognize today’s problem, it may help us to know that people have been living out-of-whack for a long time.

Life’s obligations press upon us all. They pinch, constrain, burden, and even put blinders on us. The problem is not that we are unaware of how we are bound; it’s just that with our blinders on, our view of life becomes obscured and we don’t notice what’s going on around us and, especially, within us. This is part of human nature, which is why we need the Power of Pause. We need to pause because

it is the step back that allows us to break the tyranny of playing “king of the mountain”—always in control, always in a hurry, and always sure that our agenda is what is important and that we need to achieve in order to be okay.

it is in separating ourselves from the people who cling to us, and from the people and the routines to which we cling, that we can remember who we are and why we are.

it is necessary to quiet the internal noise sometimes, in order to hear the gentle lessons of the heart.

we are BEINGS and not merely DOINGS; and pausing allows us to honor both spaces. Our *doing* space is necessary; it’s where we work, achieve, accomplish, and produce. But in the *being* space—the Power of Pause—we find prayer, touch, rest, wonderment, music, and, if we are lucky, unrepentant napping.

But this is a complex, nonstop world we live in. Pause? *Really?* If only it were that easy.

OUR WORLD TODAY

Speed, hurry, and busyness (the currency of our time) are forms of spiritual adrenaline that fuels our drives—to accomplish, to be seen as important, to get something out of what we do. And yet whatever we do in our busyness never seems to satisfy us. We keep the adrenaline pumping under the assumption that we need it, as if it's the answer to—and not the cause of—our problems. We accept this lifestyle as normal.

The problem is not just speed. When we do pause, we are bombarded. After leading a retreat in Phoenix, I'm relaxing today in a brewpub. I am here to unwind and write. But TVs mounted from the ceiling besiege me. I count eight. Oddly, each displays a different show or ballgame. I put down my pen and paper, and succumb to the noise.

How did we get into this dilemma? Did someone go through our world and change all the price tags that determine what we value?

You don't have to look far to see the examples:

- I attended a conference for church leaders on “Personal Renewal.” The schedule kept us occupied for fourteen hours of the day. At the end of the conference, men and women sat, glassy-eyed and spent, looking at brochures about island getaways—desperate to escape anywhere to recover from the overload.
- In an internal company analysis (looking at employee time-use and effectiveness), Intel discovered that their employees receive about 3 million e-mail messages a day. Remind me again, how did we live before the Internet?
- On a recent vacation to Canada, I did not have the use of my cell phone. After two days, my anxiety level rose. *What if someone is trying to reach me? What if I am out of touch? What if something very important is passing me by?*
- We have been inculcated with enough ads to know that more is never enough. Once internalized, the mantra “not enough” (whether it is money, love, success, attention, time) festers into resentment. We are convinced that we are living an unfulfilled life. *“If only . . .”*
- Multitasking is considered a spiritual gift and indispensable. I saw a story about a couple visiting a museum in the year 2050. They were looking at an exhibit of life in the year 1950. “Look, honey,” the woman says to her husband, “a man doing just one thing.”

Within you there is a stillness and sanctuary to which you can retreat at any time and be yourself.

—HERMANN HESSE, *SIDDHARTHA*

“The Power of Pause—I like it,” A man told me after a workshop. “So what do I do?”

Our techno-thinking kicks in. *What are the five steps to pausing? How do we “do” pausing, or Sabbath rest? What’s the technique?* Automatically, we see an imbalanced life as requiring a technological fix. As a result, we try to alleviate or correct our quandary by using the very same tools or resources or thinking that got us into the pickle in the first place. And just like that conference I attended on renewal, our solution only makes things worse.

WE NEED A PARADIGM SHIFT

You cannot solve a problem with the same level of consciousness that created it.

—Carl Jung, *The Undiscovered Self*

Renewal, restoration, rejuvenation, and Sabbath rest all begin with a paradigm shift. The Power of Pause is not an event of a particular day or time of day. The Power of Pause is not only about what we do, it’s also about what we *don’t* do. What if I become a better me, not by addition, but by subtraction?

How do we unleash the Power of Pause? Well, there are two kinds of pause. One is passive. We stop, get still, catch our breath. We breathe out. The other pause is active. We are attentive, conscious in this moment. We take responsibility for this life. This day. This moment. We breathe in.

To realize this power we need to be careful that we do not become Sabbath-consumers, as if we are shopping for an experience that can be quantified. We don’t want to be like the man who told the doctor, “I want to learn how to relax—but I want to relax better and faster than anyone else has ever relaxed before!”

Richard Rohr offers this encouragement: “Don’t push the river.” Life isn’t a contest but an invitation: to pause, to pay attention, to be astonished, and to share.

Who knows? You just may find a new You. Or, you might rediscover the You who has been buried under the clutter and press of the hectic—the one who is more aware, present, energized, real, and authentic. One who is fully alive.



I take a break from writing and look out the window at a pewter gray sky. It is just before dusk, and a light snow is falling, the air filled with miniature white feathers, as if my own little world is a giant snow globe, shaken for my delight. I savor this moment.

—TERRY HERSHEY, MARCH 2009

Rest & Renewal

“Letting Our Souls Catch Up with Our Bodies”

What is honored will be cultivated there.

—PLATO

AN AMERICAN TRAVELER had planned a long safari to Africa. He was a compulsive man—loaded down with maps, timetables, and agendas. He'd engaged men from a local tribe to carry the cumbersome load of supplies, luggage, and “essential stuff.”

On the first morning, they all woke very early and traveled very fast and went very far. On the second morning, they all woke very early and traveled very fast and went very far. On the third morning, they all woke very early and traveled very fast and went very far. And the American seemed pleased. On the fourth morning, the tribesmen refused to move. They simply sat by a tree. The American became incensed. “This is a waste of valuable time. Can someone tell me what's going on here?”

The translator answered, “They are waiting for their souls to catch up with their bodies.”



OBSTACLES TO LETTING OUR SOULS CATCH UP WITH OUR BODIES

We hold back until “life” begins.

THE NEED TO CATCH YOUR BREATH

- Have you ever felt overwhelmed—only to add more to your “To Do” list?
- Have you ever felt rushed, wishing for a wand that would enable you to slow down time?
- Have you ever been in a conversation, when it hits you: **I’m not really here?**
- Has your burden of obligations ever been so heavy that you felt unable to move?
- Have you ever been rewarded for working while exhausted?
- Have you ever felt pulled in so many directions that you didn’t feel at home in your own skin?
- Have you ever consented to a commitment, when you knew that the only healthy answer was NO?
- Have you ever tried to pray, only to find your mind swimming with worries?

Nothing in the affairs of men is worthy of great anxiety.

—PLATO

All of us are born with a set of instinctive fears—of falling, of the dark, of lobsters, of falling on lobsters in the dark, or speaking before a Rotary Club, and of the words “some assembly required.”

—DAVE BARRY

CELEBRATING WHAT'S GONE RIGHT

Too often in ministry we focus on what went wrong, what could have been done better, and what still needs to be done. It is equally important to take time to celebrate what has gone right and what we, together, have accomplished.

Pause now and

- Reflect on what you and your ministry team **have** crafted (list items)
- Recognize the little, unexpected things that went well
- Reaffirm what you have
- Rejoice in the wondrous work of God (and give yourself a small pat on the back for being a cocreator)



CELEBRATING MINISTRY

- Be the people of God before doing the work of God.
- Assume a yes, and allow a no.
- Provide support and community.
- Allow people to serve where they are, not where you think they should be.
- Give away responsibility responsibly; do not set up people for failure.
- Be open to grace beyond the wall of the church, and to moments of serendipity.
- Let the ministry be a journey, not a destination.

LETTING OUR SOULS CATCH UP

1st Pause “I choose to practice the art of doing nothing.”

And Jesus withdrew to a solitary place.

—THE GOSPEL OF MARK

The glory of God is man or woman fully alive.

—ST IRENAEUS

2nd Pause “I choose to practice being lost in wonder.”

We teach children how to measure, how to weigh. We fail to teach them how to revere, how to sense wonder and awe.

—RABBI ABRAHAM HESCHEL

PERSONAL QUIZ

1. Where in our lives are we being nurtured?
2. What helps remind us that we are “owned by God”?
3. In what ways do we attempt to hide our weaknesses?
4. Why do we see our weaknesses as a liability?
5. In what ways do we play and celebrate life? celebrate this day?
6. In what ways can we nurture those around us? and those with whom we work?
7. In what ways do we “give away” ministry?

MEASURING SUCCESS— A NEW PARADIGM

The old question for measuring: **How successful am I (are we)?**

The new question for measuring: **In what ways are we successful?**

Current Paradigm	New Paradigm
Me-oriented	We-oriented
Destination	Journey
Comparison / turf	Teamwork / cooperation
Scarcity	Sufficiency
Guilt	Celebration
Win / lose	Win / win
Numbers & dollars	Stories
Data / lists	Relational / relationships

3rd Pause “I choose to go on a journey.”

Life is not about a destination, but the direction you are going. And success does not require arrival.

—TERRY HERSHEY

As long as the most important thing in your life is to keep finding your way, you're going to live in mortal terror of losing it. Once you're willing to be lost, though, you'll be home free.

—ROBERT CAPON

4th Pause “I choose to guard places of sanctuary, places where I receive, where I am nourished and renewed.”

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

—ORIAH MOUNTAIN DREAMER

CREATING A SANCTUARY FOR RENEWAL

- 1. Set aside time each day for silence and meditation.**
- 2. Learn to still your mind.** For example, concentrate on a candle flame for ten minutes while releasing all thoughts.
- 3. Develop your intuition.** Write down your dreams. Practice listening to the voice within and observe how it assists you throughout the day.
- 4. Find ways to be physically active every day.** Walk, do yoga or tai chi, anything that helps you move.
- 5. Make time for creative play.** Write in a journal, paint, sing, or take a long walk in nature. Do what gives you joy.
- 6. Release everything you don't need, from junk to feelings.**

INVITING EMPOWERMENT

Sane lives always trump ministry programming.

Ministry environments that allow self-nurture, self-responsibility, and personal boundaries are most conducive to the work of the Spirit.

The Holy Spirit does the heavy lifting for us.

Consider:

In what ways do we invite kindness to ourselves and others?

What boundaries have we set to honor our personal health and bodies? Our mental sharpness and emotional well-being? Our spiritual awareness?

In what ways do we build and reinforce the core values of our ministry?

How do we allow for, and process, team feedback?

5th Pause “I choose to be gentle with myself.”

You can't cut time with your tired scissors.

—PABLO NERUDA, ADAPTED

*This is the categorical imperative of the Christian faith:
You shall lovingly accept the humanity entrusted to you.*

—JOHANNES METZ

Putting Pause into Practice

“Whatever You Feed the Most Wins”

*Efficiency is doing things right.
Effectiveness is doing the right things.*

—PETER DRUCKER

*Moses was a great leader in life because of his example, and a greater
leader in death because he prepared Joshua and Caleb to lead.*

—BOOK OF DEUTERONOMY

A YOUNG MAN asked a Native American Elder about his life.

“Inside of me,” the Elder said, “there are two dogs. One is assertive, busy, sometimes aggressive, pushy, and even mean. And, at times, fueled by fear. The other dog is quiet. He is more serene, reflective, and prayerful. He is a dog of peace. But the dogs are always fighting. Well, actually, that’s not quite true. The first dog is always trying to kill the second dog.”

“If the two dogs are always fighting,” the young man wondered, “which dog wins?”

“The one that I feed the most.”

~~~~~  
We live in a world that feeds the first dog.









A series of horizontal lines for writing, consisting of 25 evenly spaced lines that span the width of the page.

*You are now running on  
reserve power and your  
screen has been dimmed.  
Please plug in your power  
adapter to begin recharging  
the battery. OK?*

—MESSAGE ON AN  
APPLE COMPUTER  
POWERBOOK SCREEN













# Assessment & Additional Resources

## ASSESSMENT TOOL

The following questions will help you assess your current situation and the skills and needs of your team. It will reveal which specially designed packet of *Power of Pause* support materials is best to take back to your community. Answer each according to the scale provided.

1. Misunderstanding is uncommon when my ministry team and I are communicating responsibilities.

*Circle one:*

**STRONGLY AGREE**

1

2

3

4

5

**STRONGLY DISAGREE**

2. I make it a practice to have my team and other staff repeat back to me in their own words the communication that has taken place.

1

2

3

4

5

3. When assigning tasks, my team and I first assess that the job or role is appropriate to and “fits” the person(s).

1

2

3

4

5

4. I regularly pay attention to and gauge body language when communicating.

1

2

3

4

5

5. Expressions of positive reinforcement and gratitude are frequent among my ministry team (include yourself).  
1            2            3            4            5
6. I have difficulty saying “no” to people.  
1            2            3            4            5
7. When I have a day off, I typically don’t use it or I fill it with other church-related activities.  
1            2            3            4            5
8. I feel rushed in my ministry, as if each project and timetable is urgent.  
1            2            3            4            5
9. My ministry team feels stretched in their responsibilities to the point of exhaustion or frustration, with an inability to complete tasks.  
1            2            3            4            5
10. I don’t plan time to care for myself, pamper myself, or do nothing—or if I do, I end up working anyway.  
1            2            3            4            5
11. I can turn meetings and committees over to my ministry team or delegates; I don’t feel the need to attend every meeting or be on every committee of my parish.  
1            2            3            4            5
12. No one on my ministry team is ever doing their work alone—everyone has a partner(s), support, or back-up of some sort.  
1            2            3            4            5
13. My parish team feels that they have a sense of ownership in “their” ministries.  
1            2            3            4            5
14. If people on my ministry team fail in their responsibilities, my first action is not to play the martyr, bail them out, or otherwise enable their behavior.  
1            2            3            4            5

15. When my team and I get together for meetings or sessions, time is given to personal matters, relationship development, and “non-work” related matters.
- 1            2            3            4            5
16. I often feel angry at the people I’m ministering to.
- 1            2            3            4            5
17. I want very much to do a good job in my ministerial role but feel that whatever I do is never enough.
- 1            2            3            4            5
18. I deal with feelings of guilt if I take time for myself, as if that means taking time and energy away from someone or something else.
- 1            2            3            4            5
19. There is someone on my ministry team or parish staff that consistently deflates myself and others.
- 1            2            3            4            5
20. I feel that the lifestyle I’m leading is exhausting and that the work keeps piling on.
- 1            2            3            4            5
21. I have a physical space somewhere in or close to my parish or ministry facility that is for my sanctuary, stillness, and quiet.
- 1            2            3            4            5
22. My church’s events calendar offers clear opportunities for meditation and silence or, on some prime days, nothing at all is scheduled.
- 1            2            3            4            5
23. There is stillness and silence in our liturgies and prayer services (something exceeding 15 seconds).
- 1            2            3            4            5

24. My staff and I have planned prayer time/silence and reflection that we do not set aside in order to attend to “more pressing matters.”

1            2            3            4            5

25. I want to pause and know that I should—so I make specific times to do so.

1            2            3            4            5

## SCORING

Add up the total number of points circled for questions 1–5.

**15 or less:** Congratulations! You and your team are adept communicators.

**More than 15:** You and your team are experiencing difficulty with delivering your message effectively. Pick up the resource packet for “**Effective Communication.**”

---

Now add up the total number of points circled for questions 6–10.

**15 or more:** Congratulations! You and your team practice appropriate self-care.

**Less than 15:** You and your team are at risk for burnout. Pick up the resource packet for “**Taking Time for Yourself / Avoiding Burnout.**”

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Add up the total number of points circled for questions 11–15.

**15 or less:** Congratulations! You practice a strong cooperative working style.

**More than 15:** You and your staff are experiencing difficulty with team-building. Pick up the resource packet for “**Teamwork.**”

---

Add up the total number of points circled for questions 16–20.

**15 or more:** Congratulations! You deal with challenging factors and pressures well.

**Less than 15:** You and your staff are experiencing difficulty with de-motivators in your ministry. Pick up the resource packet for “**Dealing with De-motivators.**”

---

Add up the total number of points circled for questions 21–25.

**15 or less:** Congratulations! You practice Sabbath in your parish and ministry.

**More than 15:** You and your staff are experiencing difficulty creating space for stillness in your lives and worship. Pick up the resource packet for “**Creating Sabbath in Your Parish.**”

## APPENDIX: WHY THE “POWER” OF PAUSE?

In this age of commerce-driven buzzwords and the tyranny of the need for scientific verification, we are understandably wary of anything promising us power. *Drink this energy drink and you will be able to run circles around others. Buy this car and you will have influence over your neighbors, colleagues, and members of the opposite sex. Take these pills and you will live a longer, fuller life.* All hollow. So why call what we’re discussing here a “power”?

Because power doesn’t come from the outside; it comes from inside us, deep inside—from our very soul. Power is the awareness that our choices do, in fact, make a difference.

The Power of Pause is the . . .

### **Power to pay attention**

In the Jewish understanding of Shabbat—the day of Pausing, or day of rest—we are to celebrate Time rather than Space. Six days out of the week we live under the tyranny of things (or space or stuff). Shabbat is the day

we are tuned into the holiness of time, tuned into the reality that there are no unsacred moments. We can know that every moment is, in fact, touched by the presence and reality of God.

### **Power to be centered**

If you’ve seen photos of Gandhi, there will inevitably be one of him sitting at his spinning wheel. Gandhi’s spinning wheel was his center of gravity; it was the great leveler in his human experience. The spinning wheel was always a reminder to Gandhi of who he was and what the practical things in life were all about. In engaging in this regular exercise, he resisted all the forces of his public life that tried to distort who he knew himself to be.

### **Power to say yes to the moment and no to urgency**

There’s a commercial sponsored by the Humane Society which says (over the photo of a puppy and kitten), “It’s who owns them that makes them important.” When I am constrained by

urgency, I am making a decision about my identity. I am owned by my need to be hurried, or to impress, or to stay distracted or avoid some fear. When I give up that need for urgency by saying, “No, this can wait,” I can do so because I know that I have value apart from the externals in my life. I have the permission to just BE, to embrace the sacred present.

### **Power to listen**

The little boy said to his mother, “Mama, listen to me, but this time with your eyes.” Listening is primarily about being present. When in a hurry, we live with blinders. We focus on a destination, so we see only what we want to see and we hear only what we want to hear. Pausing allows us to do a double take. We see or hear or notice or recognize something as it is, and not as we predetermined it to be. I have noticed that when we are not required to fill the space with our own prejudices, we can handle the silence. Listen in silence.

### **Power to see, hear, taste, touch, and smell**

“The miracles of the church seem to me to rest not so much on faces or voices or healing power suddenly near to us from afar off, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.” —WILLA CATHER

### **Power to own—to take responsibility for—and to embrace my uniqueness**

Every one of us is a unique child of God. When my identity comes from that awareness, I am no longer defined by what I have achieved, or who I have served, or what I consume, or how fast I go, or how busy I am, or how much I earn. I can live this life right now rather than some life yet to be. I can live *from* acceptance and not *for* acceptance. Life is lived from the inside out, from what Thomas Kelly called “a divine center,” a place of “power and peace and serenity and integration and confidence.”

## ADDITIONAL RESOURCES

### WEBSITES

[www.loyolapress.com/powerofpause](http://www.loyolapress.com/powerofpause)

Learn more about *The Power of Pause: Becoming More by Doing Less* by Terry Hershey. Access special assessments, book extras, and more!

[www.terryhershey.com](http://www.terryhershey.com)

[www.loyolapress.com/terryhershey](http://www.loyolapress.com/terryhershey)

Want more of Terry Hershey? Visit Terry's personal site at [www.terryhershey.com](http://www.terryhershey.com) or his Loyola Press author page at [www.loyolapress.com/terryhershey](http://www.loyolapress.com/terryhershey) to access his speaking schedule, subscribe to his e-newsletter, view pictures and videos, or request a speaking engagement.

[www.loyolapress.com](http://www.loyolapress.com)

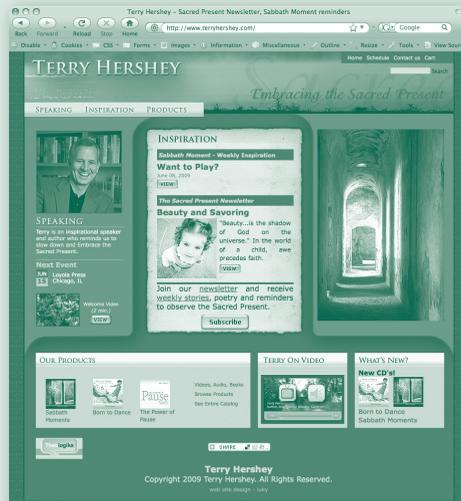
Find information and articles on a wide variety of topics, as well as books and other resources.

[www.loyolapress.com/retreat](http://www.loyolapress.com/retreat)

Enjoy a 3-minute retreat with a daily Scripture verse, reflection questions, and soothing music to prepare you for the day ahead. Sign up to receive daily delivery via e-mail.

[Forums.loyolapress.com](http://Forums.loyolapress.com)

Visit the Faith Formation Forum, an online community for anyone engaged in teaching the Catholic faith, to share ideas and tips with others.



[www.catechistsjourney.com](http://www.catechistsjourney.com)

Read and respond to one catechist's reflections on the joys and challenges of effectively proclaiming the Catholic faith to others.

[www.peopleforothers.com](http://www.peopleforothers.com)

People for Others is a blog for those who seek to uncover traces of our loving God in everyone and everything they encounter.

<http://deepeningfriendship.loyolapress.com>

Deepening friendship is an online spiritual journey that offers a monthly reflection on topics that relate to deepening our friendship with God.

## BOOKS

### **The Power of Pause: Becoming More by Doing Less**

Terry Hershey

In *The Power of Pause*, Terry Hershey counters the cultural decree that says we cannot lead a fulfilling life unless we are constantly doing something.

To buy: [www.loyolapress.com](http://www.loyolapress.com)

### **Soul Gardening: Cultivating the Good Life**

Terry Hershey

In *Soul Gardening*, Terry Hershey explores the premise that people who love this world, and who pay attention, are gardeners whether or not they have ever picked up a trowel. This is because gardening is not just about digging. It's about cherishing, and to cherish one must be present.

To buy: [www.terryhershey.com](http://www.terryhershey.com)

### **Sacred Necessities: Gifts for Living with Passion, Purpose and Grace**

Terry Hershey

What is it that makes life worth living? What makes the everyday ordinary world extraordinary—even sacred? If we want to be truly alive, there are just a few sacred necessities that we really need.

To buy: [www.terryhershey.com](http://www.terryhershey.com)

### **Retreat in the Real World: Finding Intimacy with God Wherever You Are**

Andy Alexander, SJ and Maureen McCann Waldron

What if you could experience a personal retreat on your own time, in your own way, in a location of your choosing? With *Retreat in the Real World*, a personal Ignatian retreat is at your fingertips.

To buy: [www.loyolapress.com](http://www.loyolapress.com)

### **Compass Points: Finding God Every Day at Every Turn**

Margaret Silf

Ignatian spirituality expert Margaret Silf shows readers how to find God in daily life in this collection of stories and meditations.

To buy: [www.loyolapress.com](http://www.loyolapress.com)

### **Simple Acts of Moving Forward: 60 Suggestions for Getting Unstuck**

Vinita Hampton Wright

We want to move forward in our careers, our family life, our faith, but how do we do it when there is so much weighing us down? *Simple Acts of Moving Forward* offers simple but profound solutions to getting unstuck.

To buy: [www.loyolapress.com](http://www.loyolapress.com)

### **The Holy Way: Practices for a Simple Life**

Paula Huston

For many of us, living simply is simply impossible. We just have too much to do. But author Paula Huston shows us how living simply begins with a commitment to *spiritual* simplicity in our lives.

To buy: [www.loyolapress.com](http://www.loyolapress.com)



# A 3-minute pause can give you 24 hours of peace

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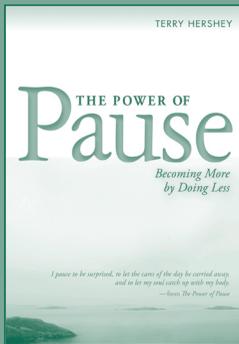
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ISBN-13: 978-0-8294-2910-7  
ISBN-10: 0-8294-2910-7



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