



Dear Faithful-

I attended St. Meinrad School of Theology, in Southern Indiana. It is run by Benedictine Monks of the same name (St. Meinrad).

In addition to running a seminary, the monks have the Abbey Press Gift Shop. I used to make fun of them, because they had over 100 books on the shelf on the topic of simplicity. It seemed excessive to me.

This weekend I am trying to cram in one more road trip with a few friends from Pella. It has been a Summer of travel and great activity. But the students are coming back and once that happens, it will be difficult to get away. And with all this exhausting business of Summer, (leading to an extremely busy Fall Semester) what I am doing with my friends? We are going to a silent retreat, led by Fr. Ron Rolheiser, OMI. The topic: **A Spirituality of Sabbath, tips for sanity in an over-stimulated time.** Talk about hurry up and wait.

Over the past few years, I have been immersing myself in reading and listening to the biblical understanding of the Sabbath Rest.

It is one thing to recognize an unhealthy cultural trend. It is quite another to find the path forward to the blessing of having priorities and triaging (saying no to) good things that get in the way of great possibilities. I have always enjoyed Fr. Ron Rolheiser.

I have listened, (audio book) to *The Holy Longing* and *The Shattered Lantern*. Both offer suggestions to a path forward in growing in relationship with God. He is a great storyteller, with great insights into woundedness that we all share and the hope that has been given to us by our loving God.

I used to describe myself as "thriving on being busy". I have realized that thriving is a healthy combination of work and rest. In a proper

understanding of sabbath, God rested on the 7th day. Not because he could not do any more. But because it allowed him the time to look back, rejoice and say: "It is good."

I pray you have found some rest this Summer. I pray that you can continue to have rest that will make your busy lives meaningful and truly "Good". Remember if you take God out of GOoD, you are left with o.

I thank Fr. Ken Kuntz for helping me out with Mass this weekend, as I go into the great silence.

Fr. Jeff Belger
Priest Director

P.S. We are currently searching for a tech savvy and energetic person to serve as a Development Assistant. Full job posting and job description are posted on the home page of our website at www.iowacatholic.org. (Scroll down past mid-page)

The logo for the Newman Catholic Student Center at the University of Iowa. It features a stylized cross above a building-like structure with vertical lines, and the text "Newman Catholic Student Center" and "University of Iowa" below it.

**Mass Schedule
starting August 13/14**

Saturday: 4:30 pm
Sunday: 9 am, 11 am, and 6pm

Daily Mass: 5:15 pm
Thursday Night (student) Mass 9pm

www.iowacatholic.org
104 E. Jefferson St
Iowa City, IA

Prayer for Rest

Jesus, I am tired. My mind is frazzled, my hands are full, and my emotions are reeling with all the things I have to do. Help me to come to you in the middle of the overwhelm.

Remind me of your ever-present help in my times of need.

Show me how to rest in You. Reveal to me both the beauty in the work and in the rest.

Calm my anxious thoughts and encourage my heart with Your nearness. Instruct me in your ways.

Bring productivity and contentment out of the peace and comfort I find. Settle me in Your truth and in Your love.

Amen.