

January 26, 2012

In a 2008 Trinity Institute Conference (hosted each year by Trinity Church, Wall Street) entitled Shaping Holy Lives, Joan Chittister, OSB spoke of a Benedictine principle called "Holy Leisure." Unlike our (desecrated) sense of leisure as an opportunity to be mindless, leisure is holy when it is mindful. Holy Leisure reminds us that no matter how important our work may be, we must always find time to step back to ask the questions that are often neglected in our rush to productivity. Only then will our work be creative, moral and life-giving. "When people are sleeping on subway grates, it is Holy Leisure that asks why," Chittister observed.

Faithfully,

Lynne+