

This is a talk for tired people.

Luz Bratcher

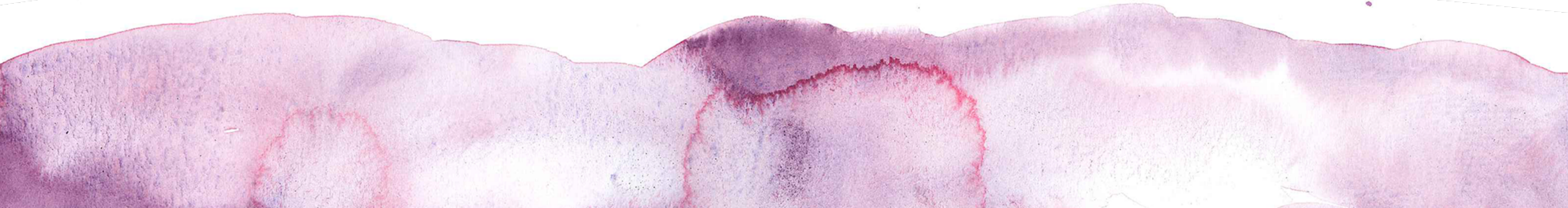


Barriers to rest

“I don’t have time to rest”

“I am what I do”

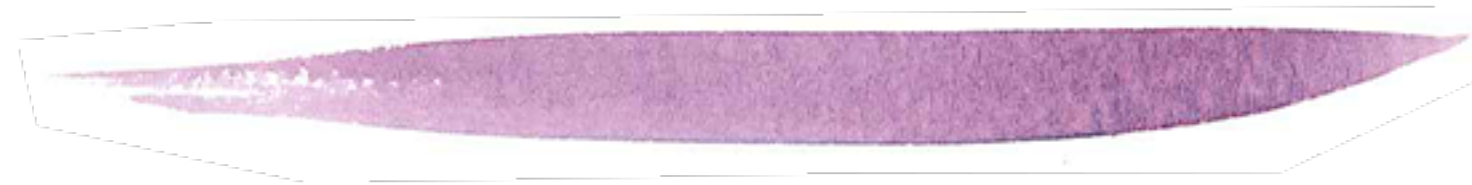
“I will never have or be enough”



Be unproductive



Delight



Sabbath



Rest & Delight


THE POLYCLINIC

I have been screened for the Coronavirus

March 5, 2020

An unexpected gift of time






The gods confound the man who first found out
How to distinguish hours! Confound him, too,
Who in this place set up a sun-dial
To cut and hack my days so wretchedly
Into small portions!

—Plautus, *Roman playwright*

**I wish we had a word
for something that has both
*saved us and destroyed us.***



“It’s easy just to assume this pace of life is *normal*. It’s not. The ‘time famine’ we grew up in is relatively recent. We’re still testing it out as a species. And the early results are terrifying.”

—John Marc Comer, *The Ruthless Elimination of Hurry*



“I don’t have time to rest”





Prioritize protecting energy





BRATCHER HAUS

MON

$\eta = [2^{\frac{1}{2}} \quad 0 \quad 0 \quad 0]$
 $\omega = [0 \quad 0 \quad 0 \quad 0]$
 $\omega_0 = 0$
 $\Omega = 0$

* \mathbb{R}^n 上のベクトル空間

440 - 530 (approx)
6th pr. century

TUE

- City, Gov. network
- open access health library
- strong up boundary

LOVE
Toss STREAM
STREAM TRIP
Blood Suck
PLAY ON BANGOR FOR WEEK.
(ALL BLOOD TO LAMP 100 KNO. R12
~~TRAIL AN. TRAILING~~)

WED

- Update for our needs & blood pressure
- Blood ride?
- Set up our position
- new group
- Long distance

MOVE OUR REPORT
CHICK ON FIDGE
CALL GARBAGE GUYS
VACUUM
CAT BOXES!!

THU

- 10% Monitoring
- 5% Marketing
- 6% Controlling
- 78% Doing nothing
- 10% Innovation

11:00 Travel Home
2:30 Shopping

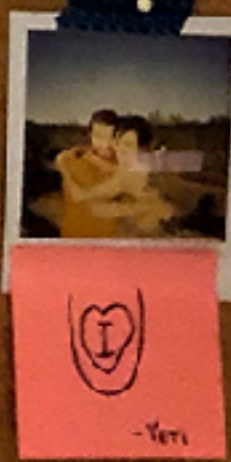
FRI

1-11 positive
 12-20 = 4:00 positive
 21-30 = 4:00 negative

~~4-2-12~~ ~~GREEN~~
~~1-2-12~~
TAXES!

SAT

SUN





Same amount of time.


Just slower.


The image features two horizontal, irregular teal-colored watercolor brushstrokes. One stroke is positioned at the top of the page, and the other is at the bottom. Both strokes have a soft, textured appearance with varying shades of teal and green. The central area of the page is white and contains the text "Take a nap!".

Take a nap!




*Blessed are the
intentionally unrested*





*Why are we exhausting ourselves
past our limitations?*





“I am what I do”



“How are you?”
“Good, keeping busy.”





“Busy”



Yum!



Reflex of glorifying busyness



“Who are you without the doing?”

— Jocelyn K. Gleason



~~*What I should do:*~~

How do I want to feel?

Who do I want to be?



If busyness is a virtue...

*Rest is the cheap currency
for the poor in spirit*





*What's the point if I don't
get to enjoy any of it?*



Rest is a human right!



Sabbatical





Nothing.



Baby steps



“I will never have or be enough”





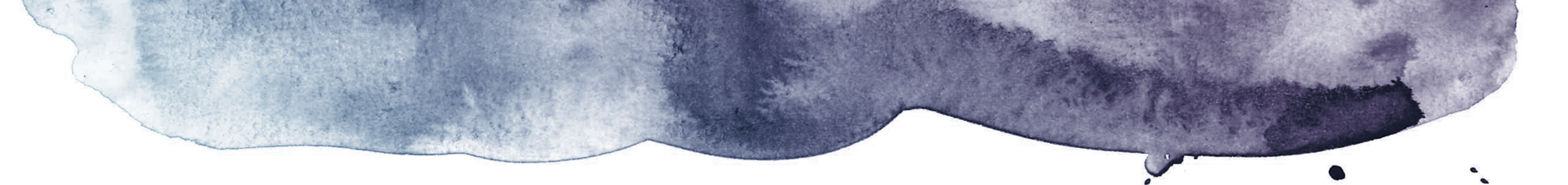
Growth at all costs







More, more, more!





More isn't the same as growth.
More isn't the same as enough.





“There is a pervasive form of **contemporary violence** to which the idealist most easily succumbs: activism and overwork. **The rush and pressure of modern life are a form...of its innate violence.** To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activism neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.”

— Thomas Merton, *Conjectures of a Guilty Bystander*



What is enough?





Scarcity

Enough

Abundance





*Bringing goodness to the world
doesn't have a career ladder*





Scarcity

Enough

Abundance



“To the abundance of enough”











Zoom Meeting

View




Judy Ko



Luz Bratcher



Jill Corral



Rebecca Branscom

Mute

Stop Video

Security

Participants 4

Chat

Share Screen

Polls

Record

Live Transcript

Breakout Rooms

Reactions

Apps

End





Professional invitation to rest





*Embracing the
limitations of enough*





*Nourish and protect the rhythms of
making and resting*





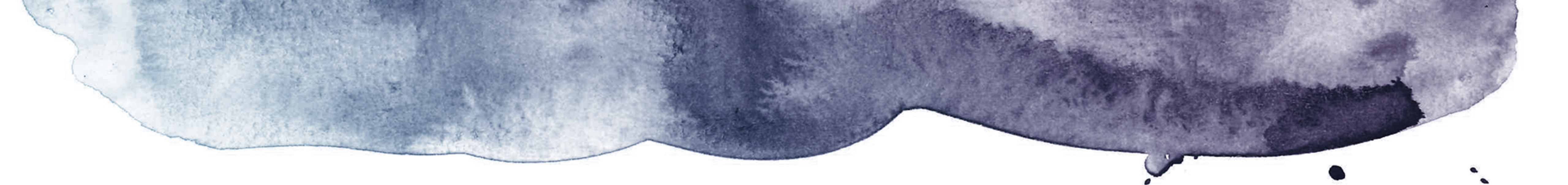
Your limits are worth honoring






Normalize nap time





*Take as much time off as
often as you can*

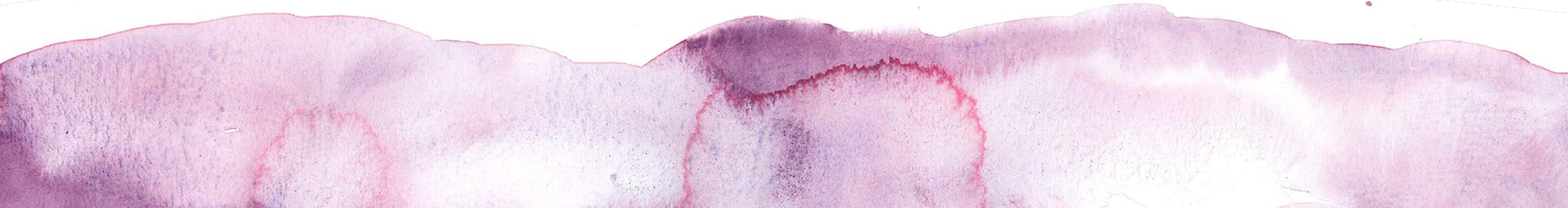




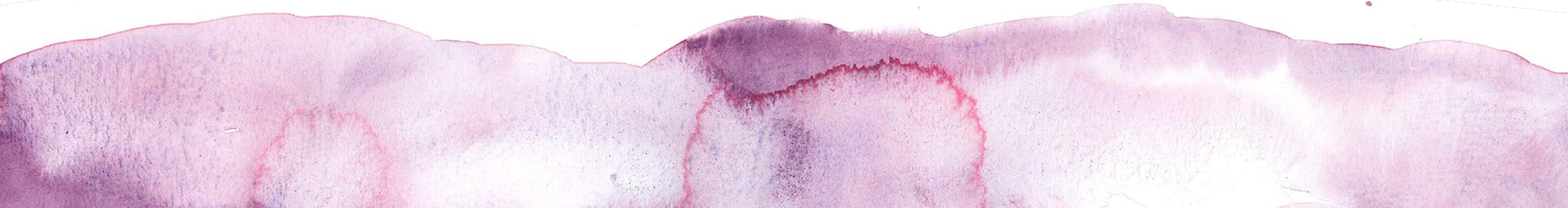
Rest as resistance



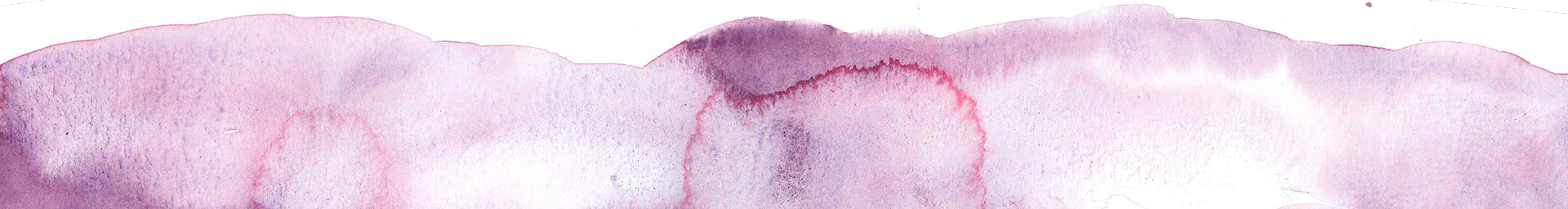
Where do we go from here?



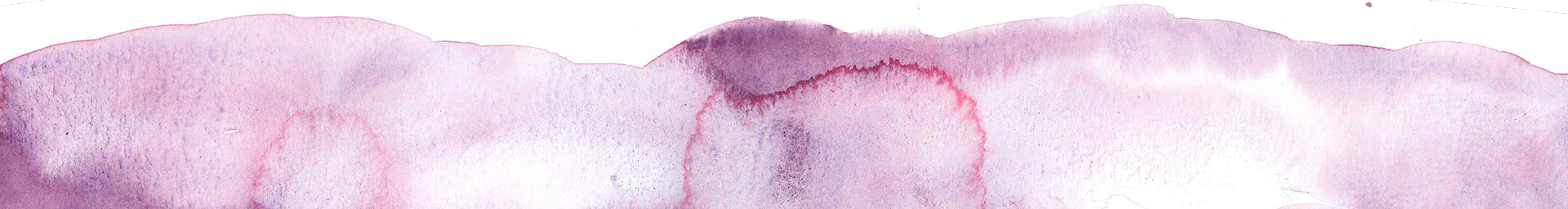
Pay attention to your being.



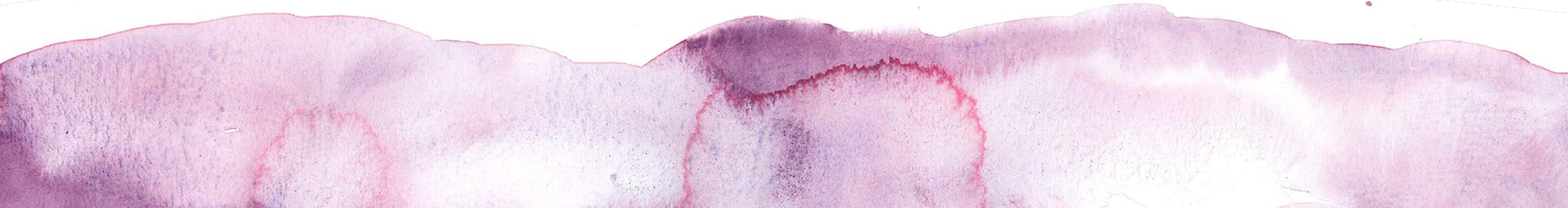
Get comfortable slowing down.



Explore what enough means.



Invite others into rest



To the abundance of enough!

