



April 5, 2017

### *READ CAREFULLY BEFORE FLOSSING*

Walk. Pray. Eat an Apple. Read a book. Floss. Garden. Sleep for eight hours. Play. Shower. Meditate. Cook. Sing. Journal. Create. Practice yoga. Laugh. Have a glass of red wine.

At one time or another, I've been told that I should do each one of these things every day to improve my health and ultimately, my life. But can I really do it all? It's rare if I can do even three or four of these things in the same day.

One online article headline reads: "Pack your calendar with fast and fun ways to see your health and spirits soar." Oh brother! Pack your calendar? Sheesh, it's already packed! I can barely squeeze in enough time to do loathsome tasks like the dishes.

Sabbath for me is a reminder that no matter how many things I do in a day my health, my life, my reputation, and my worth, too, are not all about how many things I can do. They are also a reflection of the way I choose to live, the way I choose to spend my time. And that means taking a break.

I think about the first Sabbath. God goes about the task of creating the world and everything in it. We read that beautiful imagery of God spending six days in labor, bringing forth the creation in all its vast array. And then the next day God takes a break! I can imagine that God was so eager to see everything going on in creation, to help it grow and thrive, but that's not the only item on God's agenda. God pronounced all creation to be good, but pronounced the Sabbath to be holy. God is not only one who does, God is also one who just is.

We profess a desire to act in love of God and neighbor with all our mind and soul and heart and strength. Nurturing this, especially our heart and soul, cannot be done by being constantly on the go. It's worth remembering that we are human beings, not simply human *doings*. So carve out some time to just be. Make some time holy in your life. Even if that means a break from flossing.

Peace,

*Adam*

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