THE PRACTICAL SIDE

Inside: letter from the editor, words for friends, word from the earth, and practical advice on health, eating, scholarships, CPE, post-seminary life, and more!
To the APTS Community:

Well, we can probably all agree that seminary is not only a time when you learn about a lot of different things, it’s also a time when you learn a lot about yourself. One thing I’ve learned about myself since coming to APTS almost 2 years ago is that I am an idea person. I certainly have a logical side, but I spend most of my time thinking about abstract ideas and theories and possibilities. That’s probably why Theology is my favorite subject and why I enjoy writing about issues and concepts.

Seminary has also taught me, however, that “ideas” are only one part of seminary and ministry life. There’s also a practical side and that side is all about learning tangible facts, skills, and practices not only to help us in our ministry work, but also to help us maintain a life outside of that ministry work.

I have loved every issue of Kairos that we’ve published this semester, but I’ve realized that they’ve definitely been heavy on the ideas, and a little light on the practicality. I figured it’s high time that Kairos provide an opportunity for our community to share their thoughts and best practices on the more practical elements of seminary and ministry. Besides, we probably have more than enough heavy thinking going on just in our classes at this point in the semester!

So take a deep relaxing breath and dive into this “The Practical Side” issue of Kairos. Within these pages you’ll find advice for health and wellness, healthy and/or quick snack ideas, scholarship info, reflections on how to deal with CPE and the possibility of unemployment after graduation, and more. Our classmates and community members have a lot of wisdom to share and offer advice that we can use in our daily lives.

In the next issue, we’ll have more wellness advice, thoughts from alums, recipes, advocacy tips, and whole lot more. I hope you get something out of these issues, and if you appreciate the advice or insight someone offers, be sure to let them know. Happy reading!

Layton Williams, Editor

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“Trust the process.”

The first time my CPE supervisor said this to me, I wanted to throw something. In hindsight, I can only hope the rage face I felt wasn’t prominently displayed on my face. We were at the end of the first unit of CPE. I was finally in the swing of things, balancing seminars, on-calls, and clinical hours. I’d begun to build relationships with the staff at my hospital. The week before, he told me that because of unexpected circumstances, a peer and I would be switching clinical sites a unit early, under the guise of “increased learning opportunities” for both of us. A few days later, I found myself in his office still processing the change. To make sense of chaos, I went into information-gathering mode. I wanted—no—I needed clarity. But instead, I got platitudes. My supervisor could find the silver lining in the darkest of storm clouds. And talk his way out of a wet paper bag. In this conversation, he was employing the annoyingly perfect mix of both. I didn’t want to “trust the process.” I wanted explanations to be doled out and things to be made right. Immediately.

Four months later, I’ve found that “trusting the process” has paid dividends of awesome. I’ve flourished at my new clinical site, spreading my wings and claiming my pastoral authority. Through the daily, sometimes uncomfortable, often challenging, work of processing in my peer group, patient visits and late night on-call shifts, I’ve learned so much about who I am becoming as a pastor, embracing my strengths and facing my “growing edges.” The result, spilling over into other areas of life, is pleasantly unexpected. In recent weeks, as I processed my anxieties about my Final Assessment before the Committee on Preparation for Ministry (CPM) with my peers and supervisors, through the lens of what I’ve learned about myself, I’ve come to view my CPM as a resource as I prepare for ministry. I prepared for my Final Assessment by reminding myself of this: they want the best for me in ministry. They want me to be my best self in ministry, so as not to get eaten alive by angry parishioners at my first session meeting. As one pastor affirmed during my Final Assessment: when someone asks the hard questions, it’s because they believe you’re capable of answering them. My theological education has laid a strong foundation for my ministry. My time in CPE is like a house built for who I am becoming in that ministry. The windows might rattle when the strong wind blows. But the house will not be moved, thanks to the grace of God found in the strong pillars, supporting the whole enterprise. I was asked the hard questions. Because of the past four years, I was able to meet them with thoughtful answers. Now, I’m certified and ready to seek a call. And I do feel ready. Now, to find a job. Trust the process, indeed.
When I left New Orleans last summer to move to Austin, I dreaded having to say goodbye to my family, my friends, my church, and all the little things that were such a big part of my existence there. One of those was Jane – my therapist. For the past three years, we met just about every other week, where for one hour we discussed what was happening in my life and how it was affecting me. Before I became accustomed to and even looked forward to sitting on the brown couch in Jane’s office, I thought I wasn’t the type of person who needed professional counseling. There wasn’t anything in my life that I couldn’t talk through with my friends over a round of cocktails, right?

At 24, I was living with my parents, sleeping in the twin bed I inhabited for most of my adolescent life. As each year passed, I felt like I was getting left behind in the get-married-and-a-job-promotion-and/or-professional-degree-rat-race. I thought with enough prayer, exercise, and getting lost in good books and good drinks, that my insecurities and sense of unfulfillment would move from the center of my mind and quietly sit in a corner until I had something better to replace it with.

When my best friend confessed that she had made an appointment to meet with a therapist, I made sure she wasn’t taken away in a straightjacket to a facility in central Florida, and then quickly made an appointment of my own. There I found a legitimate place to put all those festering thoughts and feelings. There I gained so much understanding as to who I am and why I am the way I am. Carl Jung once said, “Everything that irritates us about others can lead us to an understanding of ourselves.” And understanding ourselves is key to mental health, emotional health, spiritual health, and even physical health.

During my last session with Jane, she asked me to reflect on my time with her. I was floored by the ways I have grown and matured, how I learned to accept myself and my feelings, and in return, learned how to accept others better. I was certainly not the hot mess I was at 24 (although she makes guest appearances from time to time). Which is why I was thrilled to learn that Austin Seminary provides grants for seminarians to have access to counseling. Our every day lives are full of stresses, events, and even trauma, and adding seminary to that does not make our lives easier to manage. I find myself exhausted mentally, emotionally, and yes, even spiritually.

We’re so accustomed to a pattern of health care that tells us to keep doing what we’re doing until we get sick or injured first and then go see a professional for care. Seeing a counselor regularly is like when we have a good night’s rest or a well-balanced meal or take part in communion: it is nourishing, nurturing, and life-giving, so that we can continue doing what we’re doing in a sustainable way. Jesus says, “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest” (Matt 11:28). Your future therapist wants the same for you and can help carry your burdens.

Therapy Three-Ways:

1. Psychotherapy – Not just therapy for psychos! This is the technical term for counseling. Email Jackie Saxon about grants to supplement the costs!
2. Massage therapy – If talking is not your thing, you don’t have to say anything beyond the appropriate amount of pressure. This is great method of stress reduction, which also promotes healthy immune systems. The Austin School of Massage offers 90 minute massages for just $25!
3. Pet Therapy – For when you need to be away from humans, pet an animal! Scientist have long demonstrated the health benefits of four-legged friends. This can also be free! (Thomas is happy to provide his services pro bono.)
The Word of the Day is: **ENOUGH**

*adjective* \i-ˈnəf_, ə-\*

occurring in such quantity, quality, or scope as to fully meet demands, needs, or expectations <enough food for everyone>

Since we are talking about the practical side of ministry this month, I thought it would be helpful to offer my own observations and advice. At orientation every year they tell us “You can’t do all the reading.” One of several reactions usually occurs: 1. Laugh nervously and shift in seat. 2. Cry a little. 3. Defiantly decide that you will be the first to prove that statement wrong. Now, you may have noticed that seminary folk tend to be overachievers. You may have even have found yourself to be a bit of a perfectionist from time to time. We like to give and do as much as possible as often as possible. These are not bad character traits, but they can lead to bad habits if we don’t set boundaries.

“You can’t do all the reading” is not a dare. They are telling you that there is always something that you could be doing. There is always a paper, an article, a meeting, a lecture, or a favor. We can try to do it all, but that is not sustainable. In a lot of ways the seminary structure is more than an academic program; it is practice for navigating the demands of ministry. We have an affinity for helping people; that is one of the reasons we are in seminary—to serve God and others. In churches, nonprofit organizations, alternative worshipping communities, hospitals, or any number of other places, there is always something that needs to get done.

Sometimes you won’t get the grade you want. Sometimes you’ll have to miss class because you’re sick, and you may need to ask for an extension. Sometimes you will think you have written the most terrible paper or sermon of your life. Sometimes you’ll have to ask a colleague to take over a meeting for you. We must learn to set boundaries for ourselves, trusting that God who is limitless understands when we have done enough. The work of the Kingdom will only be finished when God makes it so. With God’s help, we rest and reenergize so that we are strong enough to continue pressing forward.
**FOOD/NUTRITION:**

1. **www.myfitnesspal.com** I LOVE this FREE website/tool. It is a daily food and fitness journal. You can set up a personal goal—lose weight, gain weight, decrease daily intake of sugar, fat, sodium, etc., or to exercise more. I have found that this tool to be a crucial part of my weight loss because it kept me honest about what I was eating and doing every day. BONUS: There is an app for most smart phones that is simple and easy!

2. **ALCOHOL:** I love beer, going to the local with friends, and other events that inevitably involve delicious drinks. BUT the reality is that alcohol is one of the main culprits for fatigue, weight gain, and dehydration. Try to make a plan for your weekly intake—maybe only on the weekends or only having 1-2 rather than 5. Especially if you work out regularly, decreasing your alcohol consumption is important to get the results you’re working on!

3. **COOK AHEAD OF TIME:** We often are busy, in a hurry, or feel we don’t have time to cook dinner, so we grab something quick and easy which often is an unhealthy option. Cooking at home is much more inexpensive too! Try cooking most of your food for the week in one night where you have the time. Divide it into containers so when you are in a hurry you can just pop it into the microwave.

**FITNESS:**

1. **Getting over the fear of fitness:** 100 pounds ago, the gym or even walking/running outside was a terrifying thing for me due to fear of judgment, lack of knowledge on what to do, and a fear of my inabilities. However, I learned that once I faced it head on it got easier and most of my fears were unfounded. Honestly, it’s a good chance people are too focused on themselves to even worry about what you’re doing.

2. **Find what you love:** Try a plethora of classes, machines, walking/running trails, whatever until you find what really gets you motivated and excited! Once you find something you enjoy doing and gives you that sense of euphoria (runner’s high) hold on to it. If you enjoy it, you’re much more likely to do it! Here at APTS you have access to free yoga and bootcamp classes too! Give it a try!

3. **Accountability partners:** Having a buddy in your workouts not only helps you get to the gym or outside to play, but you will likely push yourself more. Plus, it’s a great way to spend time with someone. Plan ahead of time, what days and times you want to workout together.

**SPIRITUALITY/MENTAL HEALTH**

1. **Counseling:** Did you know that the seminary (see Jackie Saxon’s office) can connect you with a counselor here in Austin at a very low cost?? This is an awesome resource. I honestly believe that every seminary student, especially if you will be in any sort of leadership role, should go to counseling for a period of time. We all have something in our lives that we could spend more time dealing with or understanding about ourselves.

2. **Chapel:** Did you know that you have the opportunity to pause your crazy busy lives as a student to be with your God and community in worship here at APTS at least once and sometimes 3 times a week?? It’s easy to come up with an excuse not to go, but it might offer you a sense of community with your peers and reconnect you with God who called you here in the first place.

Laura Westerlage is a senior, M.Div/MSW dual degree student from Grace Presbytery in the PC(USA).

Look for more tips from Laura in the next issue!
What I Didn’t Learn in Seminary

Krystal Leedy graduated from the M.Div program at APTS in 2011. She is currently the Director of Campus Ministries at University Pres. in Austin, TX.

Before I can write about what I didn’t learn in seminary, I need to start with what I did learn in seminary. I learned how to find a tribe and be a part of it. I learned how to play. I learned how to read and write really quickly and fairly well. I learned how to give myself a little more credit. I learned about the importance of being a fool at times. I learned that I could, in God’s time, fulfill the calling that God called me to. I learned that I am a part of a much larger story, and for a time, I was a part of Austin Seminary’s story. I am grateful for my education and for the shoulders I was able to stand on when I was a seminarian.

I didn’t learn how to deal with unemployment. The seminary does an excellent job of informing us that we need to have a Plan B, but Plan B, C, and D didn’t work out for me. I felt stuck in the worst possible liminal space between the safety and security of the walls of Austin Seminary, and the church that, with good reason, didn’t know what to do with me. I called Executive Presbyters. I started to network with anyone who would hear my story. I found mentors. I went to Mo-Ranch more than I should have. I cried. I ate pita chips and hummus. I started to run. Literally. I’m running my first 5K on May 4.

No one can prepare you for that moment when your dream does not seem as close as it once did, but they can stick by you. In seminary, I learned where to find the Golden Rule in the Bible (Matthew 7:12) and where it is repeated (Luke 6:31), and I’ve learned to be curious as to why the Golden Rule is not written in the Gospel of Mark. But, beyond seminary, I’ve learned how I want to treat people. I learned how I want to care for others who find themselves in a liminal space because liminal spaces come up for everyone, and no matter what seminary tells you, liminal spaces are hard to stand in.

After seminary, I learned to invite. I learned to be tactful… most days. I learned that risk-taking is a key element to just about everything. I learned to be quiet. I learned that people without power really do have to fight everyday to be heard. And, I am at least aware that there is a beautiful art to conversation that you can’t learn by sitting on your couch but can only learn from interacting with fellow creatures, fellow humans, who will probably grow to respect you if you let them. I’m grateful for my ministry now as I strengthen my shoulders in order that someone else may learn to stand tall.

What are your favorite quick/healthy snacks to keep you sane in seminary?

“Nutella/Tortilla roll up.” - Josh Kerr

“Cutie’s Mandarin Oranges.” - Barrett Abernethy

“Smoothies: green, fresh fruit, and frozen fruit. Magic Bullet is the best investment, ever in life!” - Danita Nelson

“www.skinnytaste.com - Great website with delicious healthy options, also lists all the health info and weight watcher points for every recipe. We make lots of stuff from that website.” - Andrew Keyes

“Bulk trail mix from Whole Foods. They have a lot of choices!” - Molly McGinnis

“Cutie clementines!” - Sarah Chancellor

“Veggie burger and fries from the Crown and Anchor” - Remington Johnson (2012 APTS grad)

“Pumpkin seeds and dried cranberries!” - Jo Fisher-Kretzler

“Ice cream sandwiches from the SAV” - Alex Cornell

“Jelly beans… especially licorice ones.” - JoAnne Sharp

“Special K granola/protein bars” - Hailey Malcolm

“Peanut Butter Cup Smoothie:

2 frozen bananas
1 tbsp smooth peanut butter
1 tbsp unsweetened cocoa
1/4 c nondairy milk

Combine all ingredients in a blender and whiz until smooth, adding more nondairy milk as necessary.
(Tip: You can add a 1/2 c of frozen peas to give it a boost of protein and nutrients…and NO, you can't taste them at all!)” - Kelly Shoenfelt
Now is the season to start filling out scholarship applications for the 2013-14 school year. Here are some scholarships you might not have considered! Please be aware that many of the scholarship applications require letters of recommendation and other authorizations that are hard, if not impossible, to obtain once classes are over. Please be sure to plan accordingly as you apply for one or more of these scholarship opportunities.

**Apollos Scholarship Program**
Application Deadline: April 15th
Website: [http://omahapresbyterianseminaryfoundation.org/Apollos-Scholarships.html](http://omahapresbyterianseminaryfoundation.org/Apollos-Scholarships.html)
Information: The Omaha Presbyterian Seminary Foundation supplies the Apollos Scholarship Program for the purpose of providing financial assistance to students under care of presbyteries to be able to study at a seminary and respond to God’s call to leadership. The Apollos Program derives its name from the young man from Alexandria who was fervent in the scriptures and eloquent in proclaiming the gospel but who needed additional education. Fortunately, he had two friends who were interested in helping him. They arranged for his further education so that he could proclaim the whole truth (Acts 18:24-26).

Applicants must: be a member of a Presbyterian Church (USA), be under care of a presbytery as a Candidate or Inquirer, possess qualities of excellence for ministry, and be a full-time student enrolled in one of the 10 Presbyterian theological institutions. There are multiple scholarships available in the amounts of $3,000.00, $6,000.00 and $7,500.00 per year!

**Seminary Scholarships (First Presbyterian Church, Shreveport)**
Application Deadline: April 30th
Website: [http://www.fpcshreveport.org/776394](http://www.fpcshreveport.org/776394)
Information: First Presbyterian Church of Shreveport, Louisiana provides Seminary Scholarships to seminary students on the path to becoming Presbyterian pastors. Preference is given to students who are attending Presbyterian-related theological schools.

**Ed E. and Gladys Hurley Foundation**
Application Deadline: May 31st
Information: The Ed E. and Gladys Hurley Foundation provides financial assistance to students who wish to study to become ministers, missionaries, or religious workers of the Protestant faith. Applicants must apply through their school’s Financial Aid Office. These scholarships are easy to apply for, but require several verification forms that may take some time to get back. The application will be sent to you from Austin Seminary’s Financial Aid Office. Don’t wait to the last minute!

**Seminarian Scholarship**
Application Deadline: May 31st
Website: [http://www.nationalministries.org/education/Financial_Aid/student_info.cfm](http://www.nationalministries.org/education/Financial_Aid/student_info.cfm)
Information: American Baptist Home Mission Societies provides Seminarian Scholarships to active members of an American Baptist church (for at least one year) enrolled at an accredited institution. Seminarians must be enrolled at least two-thirds time.

Gordon Blackman is a middler, M.Div student. He is a member of Pines Presbytery in the PCUSA and he also works at the Financial Aid Student Assistant.
(scholarships, cont.)

**Grace Presbytery Scholarship Fund**
Application Deadline: June 1st
Information: If you are under care of Grace Presbytery as an Inquirer or a Candidate, you should be contacted by your CPM liaison.

**Presbyterian Study Grant**
Application Deadline: June 15th
Website: [http://gamc.pcusa.org/ministries/financialaid/presbyterian-study-grant/](http://gamc.pcusa.org/ministries/financialaid/presbyterian-study-grant/)
Information: The Presbyterian Study Grant provides financial assistance to full-time seminary students who are active members of the Presbyterian Church (USA), are enrolled at a Presbyterian Church (USA) related seminary, are seeking a Master of Divinity or Master of Arts in Christian Education, and demonstrate financial need. Apply early to get on their list, and they will send you reminders of key deadlines.

**Synod of the Sun Presbyterian Foundation Seminary Scholarships**
Application Deadline: June 15th
Information: The Synod of the Sun provides financial assistance to seminary students from the Synod of the Sun. Scholarships are awarded based upon both merit and need, and previous scholastic performance is an important component of the Scholarship Committee’s evaluation. You can find more information regarding these scholarships, and others, on the Financial Aid page of the Student Portal.

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**Evernote:**

**A Valuable Ministry Tool**

Shelley Walters is a middler, M.Div student and a member of the Southwest Texas Conference of the UMC. She is also the Youth Director at St. John’s UMC.

Life in seminary and in ministry is a sea swelling with information, ideas, and inspiration. That blog post you read last week might speak well someday in a sermon; a class on baptism could give a piece of perfect language to share with new parents; those key codes and passwords are never where you need them when you need them.

Collecting these valuable bits during this high tide season, and then remembering and connecting them when they are needed can be quite challenging. A tool that acts as both extra brain space and a mobile filing cabinet is Evernote. And great news for us all – basic Evernote is free.

I’ve used Evernote in seminary as I gather information for projects and papers. As I come across journals or other online materials, I use the Evernote Web clipper and my phone camera to save the research, file it and locate it when needed.

In sermon and devotional writing, I’ve used Evernote as K.C. Ptomey uses his famous index cards and filing cabinet. A story, anecdote or other inspiration comes along, and I’m able to capture it, file it under different tags, subjects, headings, and search it in multiple ways.

Evernote has especially been a godsend when it comes to youth ministry. For event planning it is like a flexible, truly organizable and private Pinterest. Over many months I’ve been gathering ideas for prayer stations, Lent, Easter, mission trips, and even organizing the youth space.

The most valuable thing about Evernote has been its flexibility. You can access it from your iPhone or android phone, on the web or on an application on your computer and it is all synced together automatically. For a small annual fee, you can password protect the whole thing, so that you can store all those less inspiring yet important details as well. Login information and passwords, insurance cards and those key codes to get into McMillan for late-night studying are filed away and accessible even on my phone.

I highly recommend using Evernote to free up that time, headspace and random pieces of paper you might using to remember all this. Let the elephant remember for you starting now while we’re at this quickly absorbing all we can in the deep waters.

*Check it out at: www.evernote.com*
A Practical Hope

John Harrison is a junior, M.Div student. He is a member of the Presbytery of Greater Atlanta in the PCUSA.

17 people left the warmth of their homes, the deadlines for their papers, and the convenience of campus to come worship at the Capitol last Wednesday night. It had been thundering all day and raining off and on. Half a dozen people who had planned on coming came down with an illness, and everyone else seemed a bit crazed. I spent my morning missing deadlines and answering emails describing what exactly I planned to do with a borrowed plate and a borrowed cup. All of this to stand in a circle and sing and pray in public witness, while maybe eight people passed by. There was nothing practical about putting a Eucharist together at the Capitol, or about risking getting soaked in the rain to read Passion litanies so soon after Easter, but everyone seemed happy to be there. The wind blew right through our insufficient clothing, but our temple did not fall, because it was founded on rock.

Our rock was the idea that Jesus can save anyone. That’s something the State of Texas seems to forget almost 20 times per year, so the members of Corpus Christi thought we’d remind our government what Christian hope looks like. It looks like the cup of the New Covenant, in which the Lord forgets our iniquities, and remembers our sins no more. It looks like Troy Davis saying “forgive them, Father, for they know not what they do.” It looks like Paul fleeing for his life as a disciple only days after disciples had to flee from him. It looks like 17 busy people standing in the cold to pray for mercy in Texas. It looks like one loaf becoming two in Whit Bodman’s hands, as he broke the body of Jesus to witness that no one is beyond saving.

There is nothing practical about hope, and there’s nothing practical about being a disciple. That’s the state of irony we live in as Christians. Yet for all of us who find the injustices of our contexts a bitter pill to swallow, hope is the most practical resource we have. We don’t expect to end the death penalty tomorrow, but we have hope that we can, and we do something about it. Hope inspires people to do ridiculous things like go out in the rain on a school night, and that is its practical advantage. The Holy Spirit has its own way of showing us its practical concerns, but hope can turn each required approval into a new relationship with a church or committee. We forget too often that hope is the rock we build our future on, and that the Spirit, in all its impractical manifestations, is our most pragmatic resource. Perhaps we get so trapped in a practical mindset because it will offer us a way to never to ask for help. In my own practical experience, I’ve found that reaching out for help is where we encounter the Spirit the most. Perhaps the most practical goals in church life are ones we can’t possibly achieve alone.

John Harrison is a junior, M.Div student. He is a member of the Presbytery of Greater Atlanta in the PCUSA.

A Practical Hope
Rabbi Steve Folberg is a friend of mine and he introduced me to a new website yesterday. It is called Sabbath Manifesto, a creative project designed by a group to slow down lives in an increasingly hectic world. Four weeks ago they recognized March 1-2, 2013 as their National Day of Unplugging, a day to unplug from technology….March 1-2…let’s see, gosh, we’re already in April. Too bad I missed that. Let me know when you do it again!

Of course I know that the intent is not to provide a focus for once a year but to help incorporate a Sabbath rhythm into our year, our week, our very lives. But how do I do that with all these deadlines and responsibilities? That is a valid question but however it is that we discern to live into the abundance of a Sabbath life, it is not really an option to at least try it. I mean, it is a commandment.

The Sabbath Manifesto website site asks, “Do you have multiple cell phones? Take your ipad to the beach on vacation? Ever find it hard to get through a conversation without posting an update to Facebook? Is your computer always on?” Gee whiz. Who are these people? The CIA? Norman Wirzba of Duke Divinity School has a book entitled, Living the Sabbath: Discovering the Rhythms of Rest and Delight. Rest is intended as a rhythm for you and me, the animals, even the land. It completes and is intended for all of us. And it is not until we rest, particularly following a stretch of studying, working, and creating that we are able to experience genuine delight, which Wirzba claims is in decline in our society. I am not talking about artificial entertainment but the experience of noticing, getting to know better, and ultimately caring for all around us and perhaps even within us.

To see every person and every aspect of creation in a subject-subject relationship is to delight. It is based on an ethic of caring. As a child of God perhaps I should follow our Creator’s lead once a week. “God rested” we are told in the second verse of Gen 2 and then again in verse three, just in case we missed hearing it the first time. Sabbath, or Shabbat, is a holy, set apart time designed for us to take a step back, cease our identity as a human cog in the vast assembly line, and fall in love again with God and the gifts of God’s hands that are all around us.

We might just notice that it is all “very good.” If we do, the earth and all her inhabitants will be better for it. Shabbat Shalom!
Contributing to Kairos:

1. Kairos is the voice of the community at Austin Seminary.

2. Kairos generally carries no advertisements for sale of goods or services by individuals. An exception is the sale of a student or professor’s library or other study aids.

3. It is not possible to make all program announcements which are submitted by individual churches. Kairos is more likely to run announcements which apply to ecumenical or interfaith groups or groups of churches.

4. No letters which attack individuals or groups will be run in Kairos. This is to be distinguished from letters which might criticize the actions of individuals or groups.

5. Please note that ALL contributions are expected to be 300-500 words unless otherwise noted. Longer submissions may be excluded in final editing due to limitations of space.

6. Please also note that Kairos seeks to uphold the APTS policy on inclusive language. All contributors are strongly encouraged to use expansive and inclusive language and may be asked to edit their pieces to reflect this policy.

7. Kairos will publish letters to the editor that contribute to Christian conversation on the APTS campus. All letters must be signed.

8. Email submissions to the editor, Layton Williams, at layton.williams@student.austinseminary.edu. Editorial decisions are based on urgency, availability of space and editorial guidelines. Deadline is Wednesday at 5:00 pm. Submissions made after the deadline must be accompanied by a bribe.

Weekly Calendar: April 8th-14th

Mon. 4/8
- 11:10 am: Prayer service
- 12:00-1:00 pm: Garcia Celebration
- 6:00-7:00 pm: Yoga with Michelle
- 7:00-8:00 pm: Centering Prayer
- 8:00-10:00 pm: Yom HaShoah (Holocaust Remembrance service)

Tues. 4/9
- 11:10-12:00 pm: Chapel - Melissa Wiginton preaching

Wed. 4/10
- 11:00 am: Midweek Manna
- 2:30-6:30 pm: Reading, Writing, and Study Skills Workshop
- 3:30-5:00 pm: Choir Rehearsal
- 5:00-6:30 pm: Company of New Pastors
- 7:00-8:00 pm: Death Penalty Vigil

Thurs. 4/11
- 11:10 am: Chapel Service
- 11:45-12:30 pm: Choir Rehearsal II

WEEKDAY WORSHIP SERVICES:

Mondays - Student/Group led prayer services, weekly at 11:10 AM

Tuesdays - Faculty/student led chapel service with Eucharist and Faculty preacher, weekly at 11:10 AM

Thursdays - Student led prayer service with student preacher, weekly at 11:10 AM