

† Pastor's Letter †

Dear All,

It's been already a month since I've come back from two-month Sabbath! You never know how much your energy was depleted until you rest for enough days. The day before I came back to work, I felt like I could use one more month to rest ... then I knew that I was selfish, because I knew I got enough rest for my body, mind, and soul!

Rest meant enough sleep, good sleep, enough new things and good new things in my life. One thing that I didn't do during my break was to work with my calendar. I didn't touch my calendar for two months. It bothered me from time to time but it felt great most of time. I didn't need to make any plan to spend my days at home. But one thing that I did intentionally was to try new things. The followings are things that I did for the first time in years or ever in my whole life:

- 1) Joining a Fitness Center as a member
- 2) Attending Aqua-fit Class with 30 some seniors in the town that lasted either one whole hour or one and a half hours. It was hard sometimes but very rewarding
- 3) Attending a Cycling Class and Zumba Class. It was fun but too hard or too awkward – my body doesn't have sense of 🌀 rhythm
- 4) Going to a Brentwood Veterans Park alone on Tuesday morning, sit on a bench and read a book for an hour – I've never done that before
- 5) Reading books written in English by Korean-Americans. I read *Pachinko* (by Min Jin Lee, 2017), *Your House Will Pay* (by Steph Cha, 2019) and other books like "*I May Be Wrong*" (by a Sweden Buddhist author, Björn Natthiko Lindeblad, 2022), and so on
- 6) Spending three days at New Camaldoli Hermitage in Big Sur all by myself. There were about 20 monks living there and about 8 other visitors who came all by themselves just like me. Since it was a silent retreat, all my attention was given to myself. What a treat! I enjoyed it so much!

On my journal, I wrote "Gratefulness is overflowing in my heart when I wake up in the morning, knowing that REST is promised that day!" The Bible assures us that the Lord is our Rest: "Come to me, I will give you *REST*!" (Matthew 11:28) "In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety" (Psalm 4:8). Without God's peace, there will be no *REST* even if I have longer than two-month Sabbath!

THANK YOU FOR GIVING ME THIS PRECIOUS OPPORTUNITY TO REST WHEN I REALLY NEED IT! I DEEPLY APPRECIATE YOUR SUPPORT!

Peace and Joy

Pastor Hyesung Lee

Let us believe and trust...show God's hope through our positive attitudes in all circumstances!

"Rejoice always, pray without ceasing, and give thanks in all circumstances; for this is the will of God in Christ Jesus for you!" (1 Thessalonians 5:16-18)