

# August Newsletter

Friends,

I write in the middle of July, just after the attempt to assassinate former President Trump and as the Republican National Convention draws to a close.

My knee rehab continues. I received permission to drive after five weeks. I felt like a teenager getting the car keys for the first time. I have graduated from physical therapy, but getting the muscles in my left leg to the strength of those in my right leg will be a six-month process, if I do the work. And my commitment is still strong.

So, the August Topics, scripture and article, will be light and will focus on leisure, a good summertime activity for both contemplation and action. Darren Henson from Catholic Health Association does a good job of mining the topic, but the learning will occur in the conversations and the reflections of each of you, whether in your favorite chair or in our IBC meeting.

On a heavier note, I am attending more funerals as I age; one of the challenges of aging is navigating grief. My book recommendation on this topic is by a neuroscientist, Mary-Frances O'Connor, Ph.D: *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*. It is good science, and the author uses her story and those of clients to bring the human touch to the science. It is a good read!

So engage in some summer leisure before the fall! Mine the beauty of this season! And be grateful for God's bounty!

Carpe Diem!

Our Lady of the Way, pray for us!

John Fontana



## MISSION

The Mission of the Ignatian Business Chapters is to establish and lead a national and international network of business executives to explore their respective religious traditions in order to help the individual executives

- integrate faith, family, and professional life,
- develop a corporate culture that is reflective of their religious faith and values, and
- exercise a beneficial influence upon society at large.

The chapters, grounded in the Roman Catholic tradition, welcome believers who are open to and respectful of one another's religious traditions. They are committed to the conviction that ethics and values grow out of one's religious heritage.

## SCRIPTURE READING:

### Maththew 6:31-34

Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."

## ARTICLE

### ["Your Soul Wants a Picnic"](#)

by Darren M. Henson, Ph.D., STL.



## REFLECTION

### Reflection Questions

**Be attentive:** What did you learn from the insights of the author, Darren Henson?

**Be intelligent:** Do you have stories about engaging leisure from your own life? Your best story? Have you experienced leisure this summer? If so, how?

**Be reasonable:** How is the work/leisure tension managed at your place of work? In your family?

**Be responsible:** What were key insights that surfaced in today's discussion? Any food for further contemplation? Any action steps? What are the implications for you at work, in your community, and at home? Leverage the conversation for good!



## CLOSING PRAYER

### Personal Prayer of Pedro Arrupe, S.J.

Grant me, O Lord, to see everything now with new eyes;  
to discern and test the spirits that help me read the signs of the times;  
to relish the things that are yours, and to communicate them to others.  
Give me the clarity of understanding that you gave Ignatius.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, world without end.  
Amen!

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