

HOLISTIC STATIO

A Spiritual Practice in the Busy Seasons
Jason Phillips

"As long as we remain enslaved to a culture of speed, superficiality, and distraction, we will not be the people God longs for us to be."

Rich Villodas (p. 27)

What are the effects of hurry and busyness?

Are you attached to any "passions"? Have you become a "furie"?

Statio: The Monastic Practice of Stopping

- It is the time between times
- It's what we try to do in worship when we pause for a time of silence
- It is meant to center us and make us conscious of what we're about to do
- To make us present to the God who is present to us
- The desire to do consciously what I might otherwise do mechanically
- The virtue of presence

"We have learned well in our time to go through life nonstop. Now it is time to learn to collect ourselves from time to time so that God can touch us in the most hectic of moments."

— Joan Chittister (p. 177)

The Five R's For Resilience and Recovery

Cynthia Eriksson

Regulation ----- Reflection ----- Relationships ----- Rest ----- Reason

Regulation (body and emotions):

Reflection (mind/thinking):

Relationships (social):

Rest (physical and spiritual):

Reason (mission):

How and When to Practice

Morning: Take 5-10 minutes before you leave the house in the morning

- Take five deep breaths. Breathe in the spirit of God, and as you breathe out, share God with the world around you.
- **Scan your body.** Discover where you are noticing any pain or tension. Pay attention to what you feel as you sit. You can also feel the couch's material, clothing, or skin. Slow down to ground your body in the present and let go of any stress you may have.
- **Scan your emotions.** Recognize and name your current emotions. Don't judge your emotions; rather, hand them over to God, seeking his help in carrying them with you.
- **Reflect on your thinking.** What is on your mind? How do you think about yourself, others, God, and the work set before you today? What thoughts do you need to simply turn over to God? What do you presume God thinks of you?
- **Reflect on your relationships.** Who loves you? Remind yourself that others are suffering and experiencing some pain. Remind yourself of times when others have loved and supported you well.
- **Are you in need of rest?** What are the moments of rest that are available to you today? What time can you make in the future for rest or a time when you don't need to produce anything?
- **What's your "why" for the day?** Reflect on your purpose. What do you want to leave with others today? Set your intention to be present in God's activity and your desire to participate in his mission.

In-Between: Take short moments, no longer than five minutes, before you enter a meeting or anytime when you are about to have interaction with others. Pay attention to:

- **Your Emotions**
- **Your Body**
- **Your Reason**

Annotated Bibliography

Chittister, Joan. *Wisdom Distilled From The Daily: Living The Rule of St. Benedict Today*. San Francisco: HarperSanFrancisco, 1991.

Chittister takes St. Benedict's Rule and shares how one can implement practices in their daily life. For those who have responsibilities and don't have the time to be a nun or a monk, this book provides practices and means to live out God's calling on their life. To provide a rhythm that can sustain disciples as they seek to respond to the brokenness and injustices in the world with God.

Eriksson, Cynthia. "A Practice: The Five R's of Resilience and Recovery." Thrive Center, February 27, 2024. https://thethrivecenter.org/the-5-rs-of-resilience-and-recovery/#_ftn2.

Eriksson, Cynthia. "Thriving through Trauma: Five R's for Resilience and Recovery." Thrive Center, February 27, 2024. <https://thethrivecenter.org/thriving-through-trauma-the-5-rs-of-resilience-and-recovery/>.

Eriksson and The Thrive Center provide resources for thriving, assisting one to flourish emotionally, relationally, physically, and spiritually. The website highlights the importance of daily spiritual practices in achieving a sense of thriving and how those practices can enhance our connection to the world around us. The links provided describe how to practice the Five R's.

Villodas, Rich, and Peter Scazzero. *The Deeply Formed Life: Five Transformative Values To Root Us in the Way of Jesus*. Colorado Springs, CO: WaterBrook Press, 2021.

The Deeply Formed Life provides insights and practices that enable a disciple to be intentional in their formation. Dallas Willard has said, "We all get a spiritual formation; it's simply a matter of which one we get." Villodas' book provides some framework on how to live an integrated life.

Online Resources

The Thrive Center

