



Office of the Vice President for Mission

TO: The Gonzaga Community
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Finding Peace amid the Chaos

I, like many I know, am an over thinker. I spend my days wrapped up in replaying personal interactions and second guessing decisions before I even make them. I often make assumptions about what others are thinking and how they are feeling based on my own tendency to find a worse case scenario so I can “prepare” for it. Sometimes I get so caught up in this whirlpool it drains the life and energy out of me. The end result is always the same, I’m left exhausted and feeling like a failure.

It always takes coming to this point for me to realize I’ve been staring straight down and I need to look up and start searching for some daylight. I start looking for that quiet space where I can just be so the rampage of thoughts will go silent. The irony of my predicament is that I work in the area of the University tasked in part with helping our students, staff and faculty to find that quiet space to make room for God and a peace giving spiritual life through retreat ministry. I have the tools and resources at my fingertips but I get so lost in the maze of life with kids and work and home upkeep and, and, and, that I convince myself that I don’t have a moment of time for something that would seem like a luxury at best and terribly selfish at worst.

Through my work with Mission and University Ministry, I am changing that internal rhetoric. Time to renew your spiritual connection is not a luxury or selfish. It is a necessity and though I’m finding it has taken me years to understand that, I’m also glad for those who assisted in opening my eyes to the peace that comes with time set aside for quiet, spiritual reflection.

I offer to you an opportunity for the same peace and encourage you to reach out to someone in the Mission Division. We are here to offer retreat ministry, spiritual direction, and assistance with finding what works for you to bring peace to your internal life. Our programs are designed to adapt to varied personalities (introvert, extrovert etc) and our goal is to help you in identifying that program or opportunity in which you can find your internal peace. Visit our website ([Office of Mission](#) or [University Ministry](#)) or stop by one of our office in College Hall room 107 or Crosby Student Center by the US Bank branch. We are always here, even if you just need a minute to escape and chat.

Shanea