

# FOOD FUSION: A LENTEN HEALTH AND FAITH WORKSHOP

March 2, 2024 at 3:30pm  
Our Lady of Lourdes Catholic Church  
25 Boulevard NE Atlanta GA  
Parish Hall



**FAITH**



**HEALTH**

Discussing The Relationship  
Between Poverty and Nutrition

## Our Lady of Lourdes Wind Down Pre-Retreat Questions Week 2

Hi Lourdes!

I look forward to being with you in a few weeks for Notes of Rest. Notes of Rest is a Spirit-led ministry that invites the weary to practice God's gifts of rest played in the Bible and Black music. As we prepare to rest together in God on March 16th, I'll be asking you a question a week as pre-work for the retreat. Think of this as a wind down, just like you wind down for bed. May the Holy Spirit draw you into the kind of reflection that opens onto life for you and for others.

### **Question 2: Who do you need permission from to rest?**

There are so many reasons we don't take the rest that God has gifted us. Oftentimes that is connected to specific people who keep us from resting. Who might be those people for you? Maybe it's your boss whose evaluation of you keeps you up at night. Maybe it's your social media follower count - or bank account numbers - who keep you anxious. Maybe it's your spouse who you feel holds too many demands over your head, or maybe you hold too many over theirs. Maybe it's your ancestors, who labored so hard that you feel you can't let them down (in which case exhaustion is your sign of thanks); or maybe your ancestors brought so much restlessness to the world that exhaustion is your means of redress. Maybe it's your understanding of God; maybe you have been told God will not be satisfied with you until you've collapsed, and brought the earth to collapse too. Or maybe it's you. Maybe you are driving yourself to no end.

**Practice:** Whoever it is that you need permission from, seek that out before our time together. But more importantly, seek that out for your life. We can seek knowing that God has already given you the permission to receive the gift of rest.

**Listen:** [Come Sunday](#) performed by Mahalia Jackson and Duke Ellington

abundantly,  
Julian