



Common Ground

P.O. Box 750118, Fairbanks, AK, 99775
(907) 474-7804/ office@uafucm.org



Vol. 17, No. 2

October 2017

Time to Relax

Have you ever wished the day was just a few hours longer? Or wished you had time to get just a few more hours of sleep in the morning? Me too. My day seems packed with places to go, projects to do, and a seemingly ever-growing list of deadlines to meet. Now on a personal, and seemingly unrelated note, I'm big into video games and reading. I've always got a game controller, bookmark, or sheet on battle tactics stashed nearby, but the last few months I noticed something. At first it seemed like a good thing, I was focused, intent, doing everything expected of me in excellent time, but I felt exhausted. It wasn't just getting less sleep, it was like I was on edge all the time. Ready for a battle with no clear enemy. I tackled goal after goal but was never satisfied. "What's wrong with me?" I thought, "I enjoy volunteering, working at my job, seeing my nephew. I'm spending my time on good 'Christian' things, why am I so unhappy?" That's when I first noticed my video game was covered in dust.

I didn't make the connection right way because, well, video games are bad, right? I should avoid them. It was good I hadn't played it in months, I was spending my time more productively... right? Well maybe, but was productivity really the issue? Currently I was "productive" and currently I was miserable. It was my emotions that were the problem, I was unhappy, and doing "more" wasn't fixing anything. I needed to find out "what" I was doing wrong. Was the dust, and disuse of something I loved a sign of a deeper issue? A heart issue? It wasn't just the video games, when was the last time I read a book, played cards, gone for a long walk, or played my ocarina (a type of flute) in the middle of the woods? I couldn't remember. If I had to guess I stopped doing those things a couple of months ago, the same time I started growing more and more dissatisfied. I had stopped resting. I found video games relaxing,

just like playing an instrument, reading, or long walks, I needed something that would take my mind off the day's stress and renew my heart. These were activities that reminded me of the joy I find in life. They were my sabbath.

Sabbath is a term that is hard to understand today, and even harder to live out. In the beginning, when God created everything, he took an entire day to create Sabbath. God came up with the idea of taking one day a week for people to rest from the rush of day-to-day life and just relax. More than that, God called this day special, it was set apart, in some ways more important than all the other days of the week. Just imagine, one day where you wore your most comfortable clothes, lunch was already packed in the fridge, and your only requirement was to have fun. Would you go for a long drive? a swim? play ping-pong? What would your sabbath look like?

I can't say I figured out the secret of sabbath, or the recipe to true rest, but I have learned that taking time to truly rest is just as essential to life as eating, sleeping, and breathing. I challenge you to take time and figure out what brings you rest. Then, make the time to do it.

Grace & Peace,
Bethany McMilin
Office Assistant
United Campus Ministry

'I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.'

- Ecclesiastes 3:12-13

UPCOMING UNITED CAMPUS MINISTRY EVENTS

Wednesday Evening Worship Every Wednesday at 7:30PM in *Brooks Building Room 302*. We call this worship service Vespers (evening worship service). Vespers consists of singing, student testimony, a short message, and a time of quiet reflection.

Sunday Dinner and Bible Study Meet us at the United Campus Ministry office (306 Constitution Hall) every Sunday at 5:30PM, where we'll carpool out to the Moore's house for dinner, bible study, and fellowship. We are studying the book of John this semester.

UCM Fundraiser Dinner: Friday, October 6th, UCM will be having our annual Fundraiser Dinner at Raven' Landing. Come and meet the amazing folks who make UCM possible! Dinner will start at 6:30pm, students can meet at the UCM office at 5:30pm to practice songs and then carpool to the event.

Fred Meyer Community Rewards: You can help United Campus Ministry earn donations just by shopping. Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number **81481**. You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today, but now UCM will also be eligible to receive donations from the Fred Meyer Corporation.

If you would like to change or add email accounts to our Common Ground newsletter list please email us at office@uafucm.org and include the email address you would like us to send to. Future Common Grounds will also be posted on our website at www.uafucm.org.

