

Monthly Newsletter

Friends,

It is a warm day in northern Illinois and, having spent four weeks in a soft neck brace with the doctor's order, "Don't fall," I have been reliving the pandemic—no driving for two and a half weeks and then a preference for staying home. So, I have been focusing on the Ignatian ideal of being contemplatives in action with a focus on contemplative. We baby-boomer Americans are easily accused of adopting "workism" (see article) as our primary religion. Summer is a good time to contemplate our relationship to work and rest. Our scripture reading tees up the concepts of rest and sabbath. The article by Kate Ward, a Marquette University professor, will address the topic.

The article will also introduce you to Dr. Ward's new book, *Making a Life: Catholic Social Teaching and the Meaning of Work*. Kate is an ethicist, and the book could serve as a stimulus for reflection and particularly for young people to grapple with the role of work and become more aware of Catholic Social Teaching. At the end of the book are discussion questions, so this is a good choice for book-club discussion and application. It might be very good for a retirees' book discussion group. A lot of life experience and wisdom could come to the surface in such a setting.

"In the tempestuous ocean of time and toil, there are islands of stillness where man may enter a harbor and reclaim his dignity. The island is the seventh day, the Sabbath, a day of detachment from things, instrumentals and practical affairs as well as of attachment to the spirit." That passage is from Abraham Joshua Heschel's beautiful book, *The Sabbath*. I heartily recommend this 100-page book by a great Jewish thinker, writer, and activist of the last century

Enjoy the summer, appreciate the young, and make love possible wherever you can. Remember that we are a people called to live the virtues of Faith, Hope, and Love! And pray for our country and our democracy as we celebrate 250 years of a great human experiment in freedom.

AMDG,

John Fontana



MISSION

The mission of *Faith @ Work* is to establish and lead a 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 communities, 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:

Hebrews 4: 7-13

[God] sets a certain day—"today"—saying through David much later, in the words already quoted, "Today, if you hear his voice, do not harden your hearts." For if Joshua had given them rest, God would not speak later about another day. So then, a sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs. Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

ARTICLE

["Catholic social teaching says all work is good for us—paid or unpaid,"](#) by Kate Ward. *America: The Jesuit Review*, May 4, 2026.



REFLECTION QUESTIONS

Be attentive: How do you see your work? What does it do for you?

Be intelligent: How do you rest or engage in leisure? Kate Ward introduces the concept of rest amid and rest apart. How do you see the rest amid/apart working in your life?

Be reasonable: What are you noticing about people at work and in your family regarding their work and rest patterns? Do you have experience or wisdom to share?

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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