



## *Reflection from Fr. Garry Richmeier*

Every year I try to do a hermitage retreat. I usually go out to Great Bend, KS to the Dominican Sister's place called "Heartland Farm." There I reduce the number of things to do or that I have to pay attention to. It is basically just "being" rather than doing. I always find myself getting antsy the first day or two, looking for things to do. But after I settle in, I get used to the sitting, the meditating, the aimless walking, and being with nature. But after a few days, I get the feeling that I need to get back to being "productive."

I think it is difficult for most of us to just "be." We are programmed to measure our worth by what we do, how much we produce, and what we accomplish. Doing nothing is often seen as laziness or lack of motivation. That thinking easily becomes part of our Spirituality also. We think that we have to be doing God's work (however we define that) in order to be good in God's eyes. Of course we are good no matter what, because we are made in the image and likeness of God. Sometimes our actions don't reflect that, but it is still true.

I would recommend "doing nothing" sometimes as a Spiritual practice. It removes all the usual reasons we think God loves us, and we are left with only the one true reason: Because God chooses to.

*Blessings,  
Fr. Garry*