

“Caregiving as a calling or privilege is not rooted in tasks but in connection between human beings.” - Henri Nouwen

If education was simply about passing on information, it would be much simpler. But, of course, education is so much more. We teach students, not subjects. We give so much of ourselves to our students and colleagues; building relationships, supporting and encouraging others in good times and in bad. Sometimes we may feel our job would be easier if we didn't care quite so much. For most of us, this is just not possible. We care for our students. We care for our colleagues. We have families and people in our personal lives that we care for. We do this because of our passion for education and our faith. All of this caregiving, while important, life giving and life changing, can be draining. Caregiver fatigue is real!



The first 2 months of school can be so hectic and busy that we neglect ourselves: physically but also emotionally and spiritually. We can begin to feel overwhelmed and burdened. We are blessed to be in Catholic schools where we can turn to our God individually but also communally. Our faith reminds us that we love others because God loves us first. We have a God who loves us, is always there with us, and who we can turn to in times of distress.

I want to share this prayer with you, one I turn to when I feel alone and overwhelmed. It has given me solace and hope. I pray it does the same for you.

I am leaning on the heart of God.  
 I am resting there in silence.  
 All the turmoil that exhausts me  
 is brought to bear on this great love.  
 No resistance or complaint is heard  
 as I lean upon God's welcome.  
 There is gladness for my coming.  
 There is comfort for my pain.  
 I lean, and lean, and lean  
 upon this heart that hurts with me.  
 Strength lifts the weight of my distress.  
 Courage wraps around my troubles.

No miracle of instant recovery.  
 No taking away of life's burdens.  
 Yet, there is solace for my soul,  
 and refuge for my exiled tears.

It is enough for me to know  
 the heart of God is with me,  
 full of mercy and compassion,  
 tending to the wounds I bear.

-Joyce Rupp



By Marie O'Connell, School Chaplaincy Leader, Holy Trinity CSS