

## Humility and Self Care: Outline of a Short Presentation for NACC Covid Listening Session, July 29, 2020

The Books of Wisdom—Psalms, Proverbs, Sirach, etc.—have passages that warn against going beyond your power. They seem to suggest a relationship between humility and self care. Here is an example:

Humble yourself the more, the greater you are,  
and you will find favor with God.  
For great is the power of God;  
by the humble he is glorified.  
What is too sublime for you, seek not,  
into things beyond your strength search not.  
What is committed to you, attend to;  
for what is hidden is not your concern.  
With what is too much for you meddle not,  
when shown things beyond human understanding. –Sirach 3:18-22

Why do chaplains sometimes have trouble with self-care?

- high standards of excellence
- competencies that encourage us to go the extra mile
- Jesus as our model—who gave his all

Examples of when we might disregard self care

- one more visit
- one last phone call
- fear of letting down our team if we take time for ourselves

Seeing self-care in the light of humility might help: Some things *are* beyond our strength, especially in times of Covid. Sometimes all we can do is focus on what's in front of us. A sense of peace—and even joy—can come from recognizing our limitations. Richard Rohr: “joyful acceptance of a limited world.”

As for Jesus, he too recognized his limits and took time for himself. He encouraged us to be humble and do the same:

Come to me, all you who labor and are burdened,  
and I will give you rest. Take my yoke upon you and  
learn for me, for I am meek and humble of heart;  
and you will find rest for yourselves, for my yoke  
is easy and my burden light. –Matthew 11: 28-30

*Prepared by listening session co-facilitator Mary Bomba, BCC*