



“When we perform an action, the invisible within us finds a form and comes to expression. Therefore, our work should be the place where the soul can enjoy becoming visible and present. The rich unknown, reserved and precious within us, can emerge into visible form. Our nature longs deeply for the possibility of expression in what we call work.”

John O'Donohue  
Poet | Author  
(1956–2008)

There's a part of our New Employee Orientation called "Our Healing Ministry." Within this hour with new colleagues the question is asked, "What gifts do you bring to CommonSpirit Health?" Zoom attendees excitedly share their unique gifts in the live chat. This part is easy in the beginning of joining a new organization. What if you're no longer in the "honeymoon" phase? Does your everyday experience of work feel like an expression of your soul? Honestly, not every day for me. There are times when I lose the connection between who I am and what I do and the intersection of the two. How do you and I get back to a sense of meaning in our work?

Reflection. A step back. A pause. When I take a moment to reflect on the why of joining CommonSpirit Health's mission to make God's healing presence known in our communities a spark re-ignites within me. When this happens who I am is enough and what I do matters and the combination of the two makes a huge impact in the world around me and brings a sense of fulfillment and renewed purpose. Who you are and what you do matters, too!

How do we walk in this regularly? Taking care of ourselves, mind, body, heart and soul. Caring for those we love and serve, modeling and encouraging self-care for them, too. Work can be fulfilling and it should be. You, uniquely gifted and called, are needed here in this place. Risk loving. Apologize. Forgive. Trust. Express your thoughts and feelings. Share your gifts and heart. Let us see your soul. Respect and honor the souls of each other.

May our work together be life-giving with, and for, others.