

# July '24

# Year of Rest Calendar

Mental

Sensory

Emotional

Social

Creative

Spiritual

Physical

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Take care that you do not despise one of these little ones; for, I tell you, in heaven their angels continually see the face of my Father in heaven.  
Matthew 18:10

1  
Smell something that relaxes you.

2  
Breathe deeply for 5 minutes.

3  
Affirm the gifts you see in someone younger than yourself.

4  
Make something.

5  
Spend time giving thanks to God.

6  
Take a nap.

The righteous know the needs of their animals, but the mercy of the wicked is cruel.  
Proverbs 12:10

7  
Schedule a break today.

8  
Close your eyes & listen for the sounds around you.

9  
Spend time with your pet or noticing creation.

10  
Connect with someone who is kind.

11  
Spend some time writing or drawing.

12  
Write a thank you note to someone.

13  
Do something you enjoy that requires movement.

Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?  
Matthew 6:26

14  
Make a list of what you are grateful for.

15  
Take a walk. Notice where you encounter life.

16  
Take some time to be alone.

17  
Spend time in one of your favorite places.

18  
Go birdwatching.

19  
Spend time looking at the clouds or stars.

20  
Do something that requires movement outside.

But Jesus called for them and said, "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs."  
Luke 18:16

21  
Listen to a song that helps you relax.

22  
Take a picture of something small that brings you joy.

23  
Call or write someone you connect with.

24  
Spend time with a loved one.

25  
Practice a hobby.

26  
Be helpful to someone today.

27  
Lower your shoulders & take a deep breath.

But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her." - Luke 10:41-42

28  
Pause to be present where you are.

29  
Enjoy a favorite food.

30  
Ask someone else how they are doing.

31  
Spend time with someone who shares an interest.





# Meet Vickie Graves

## **WHO WAS I ?**

I was a person who grew up asking this question on a daily basis. Never good enough, never feeling loved and never wanted to live. I

I was sexually, physically and emotionally abused most of my life. I became addicted to drugs and alcohol at the age of 16. Married early, one son, divorced early.

## **WHO AM I ?**

Today, after 33 years of working a program and being sober, I am a person who will no longer be a victim. I worked 30 years at Children Services with kids who felt the same as I did. I work with alcoholics who are where I was. I am now someone who believes God didn't keep me alive to punish me , but he had a plan for me. Today I feel ok enough about myself that I can say, I am the type of person I wish I would have had by my side.







## How Does *Vickie* Rest?

I rest by spending time with my 3 rescue dogs. I work with dog rescues. I transport and help find homes for abused and neglected animals. I have been involved in closing puppy mills, transporting dogs from state to state. I give food to pets who have no food. I buy medicine when I can for the dogs being eaten alive by fleas. It is at times very, very stressful, but when I have helped to save an animal from pain and suffering, the feeling I get is my rest and relaxation.

I also draw pets for people who ask me. This is a peaceful rest for me knowing this animal is safe and loved.

I love spending time with my great grandson Ethan. He goes with me to Primrose Retirement on Fridays and reads to a group of residents between the ages of 85-99. I am very rested and love seeing him do this. We spend the weekend together playing games, soccer, and hanging out. I feel his love for me which is very restful.