



ROAR AWAKENING THE LION WITHIN™

ROAR Community Newsletter

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Maintaining Peace

by Joe Sturniolo

I am reading a wonderful little book, *Searching for and Maintaining Peace*, by Father Jacques Philippe. I am beginning to discover that I do that which I am meant to do on this earth only if I can maintain a peace of heart. Consider the surface of a lake, above which the sun is shining. If the surface of the lake is peaceful and tranquil, the sun will be reflected in this lake; and the more peaceful the lake, the more perfectly will it be reflected. If, on the contrary, the surface of the lake is agitated, undulating, then the image of the sun cannot be reflected in it.

I believe that we are the same as this lake when it comes to our

mission in life. The more our soul is peaceful and tranquil, the more God is reflected in it, the more His image expresses itself in us, the more His grace acts through us. It is in our peace that our true authentic self reflects the love and grace of God.

Maintaining that peace when we are tempted to become angry or sad or shamed is difficult. Most of our lives we depend on our own wisdom and experience to deal with everyday problems. We do not have the confidence nor the patience to wait on God's timing and direction.

What I have discovered it is much easier to feel shame or anger or sadness than to peacefully accept the fault and remain in God's peace. It is not a question of our making superhuman efforts to completely eliminate our imperfections and our sin, as it is a question of knowing how, as quickly as possible, to recapture our peace when we have fallen into sin or have been troubled by the experience of our imperfections, and to avoid sadness and discouragement.

What we are supposed to do in life is find the Lion within us and unleash it to the world. Our true purpose will bring us an abundance of joy and fulfillment. While we are discovering that purpose or while we are living it, we must maintain peace. Only in that peace will God be able to direct us and help us. Discouragement and sadness and anger are obstacles to that peace and therefore obstacles to moving forward and impacting the lives of others.

God acts in the peace of one's soul. It is not by our own efforts that we succeed in liberating ourselves from the troubles that we generally bring on in our lives; it is only the grace of God which attains this end. Rather than troubling ourselves, it is more efficacious to regain our peace and let God act.

Remember the words in the Bible with the experience of Elijah of Horeb: *God was not in the hurricane, nor the earthquake, nor in the fire, but in the whisper of a gentle breeze. (1Kings 19)* Maintain peace in all things and you will begin to see the power of God working in the Lion within you.



Rethinking retirement: 5 tips Joe told CareerBuilder.com

by Dan Christopherson

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In an article published July 3 on America's most-popular online job Web site, CareerBuilder.com, Joe Sturniolo was asked to share some tips with the Web site's readers about pursuing their passions - something more inspirational or fulfilling - in retirement.

(See the article link below.)

Not all of Joe's thoughts made it into the article, so if you are considering changing career directions in retirement, here is what Joe suggests you ask yourself first:

1. What gift, passion or dream might you have set aside? Think back to your childhood, adolescence and college days. Why did you abandon your original youthful dreams and career aspirations - were there valid, practical reasons or were you simply afraid to try? Are those reasons still valid?

2. What could you be doing that would employ your talents to the benefit of others, thereby giving your life more meaning? The desire to give back is a powerful force that can inspire you to leave your comfort zone. Determining how what you do could make a positive mark on the lives of others makes your life more meaningful, and can motivate you to make the sacrifices necessary to move forward.

3. Are you truly willing to get out of your comfort zone, willing to pursue a new learning curve, be less than competent while gaining new knowledge and skills?

4. Is your identity with your current occupation so tied to your sense of self that leaving that identity behind would be unthinkable?

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Joe Sturniolo's
book,
[The Caterpillar
That Roared](#)
available
online through
Amazon.com or
other book sellers.

5. Are you willing to simplify your life so that your journey to a new pursuit becomes the central theme to the rest of your life? Shifting your life's focus requires you give up some comforts as well as entanglements and needless commitments. It also might mean living on less money, giving up some luxuries. It also could mean less time with friends and family. Is the trade-off worth it?

[Link to the CareerBuilder.com article.](#)

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