



ROAR[®] AWAKENING THE LION WITHIN[™]

ROAR Community Newsletter

News and views by ROAR

February 4, 2009

In this issue:

- A Voluntary Reaction
- Distractions *feature article by Joe*
- Book Review: *A Severe Mercy*
- Have you seen... *The Wrestler*

[Forward this newsletter to a friend.](#)

*Sign up for a February
lunch time webinar.*

[Finding the Lion Within:
Rediscovering Your Passion](#)

Wednesday, February 11
or
Wednesday, February 25

A Voluntary Reaction to Pursuing Your Calling

Given the current unemployment epidemic, now is not exactly an opportune time for most of us to chuck our job and pursue a new career more suited to our God-given talents.

But it might just be the right time to employ those talents as a volunteer. The nation's non-profits are seeing cash donations rapidly plunging. As a result, many of them are reducing staff. Yet the workload remains the same. Many are now seeking the help of volunteers to fill the gap.

That is opening opportunities for people who want to gain a low-risk entry into a new field of endeavor without giving up their day job.

Even before the economy went into convulsions, there were plenty of opportunities to volunteer. Yet less than half of all Americans report they volunteer. That's one of the findings of the Corporation for National and Community Service which conducts studies on volunteerism.

Its recent research report covering persons 16 and older in all 50 states, *Volunteering in America: 2008 State and City Trends and Rankings*, found the following:

- The national volunteer rate is 26.2%
- 60.8 million people are volunteers, providing 8.1 billion hours of service annually
- People who volunteer watch less TV than those who do not - 15 hours per week versus 23 hours for those who have never volunteered
- #1 region for volunteer rate is the Midwest, 32.2%
- #1 state for volunteer rate is Utah, 43.9%
- #1 large city for volunteer rate is Minneapolis-St. Paul, 39.3%
- #1 mid-size city for volunteer rate is Provo, Utah, 63.8%

(More results at: www.volunteeringinamerica.gov/research_findings/index.cfm)

While ageism is doubtless a problem in hiring practices, it's definitely not a problem for those seeking volunteer jobs.

A 2003 survey of 2,069 American 45 years and older sponsored by AARP showed that older Americans have taken the reins as the country's leading volunteers: about 51% report volunteering.

Thanks to increased longevity coupled with better old age health, "America's burgeoning older population is posed to become the new trustees of civic life in this country," says Marc Freedman, author of Prime Time, an examination of lifestyles of older adults.

Regardless of our age - or whether we are paid to pursue our passions or not - we are all called to freely give our gifts. In so doing, you can also gain the experience and career contacts that ultimately can turn a passion into a career.

For more articles on pursuing your calling [go to the ROAR blog.](#)

Distractions

by Joe Sturniolo

Procrastination feeds on distractions. Most people find it uncomfortable to just sit and do nothing; you avoid work by doing something else. Finding and following your purpose in life is most difficult because we are so easily distracted by things that are not that important but appear urgent. Those distractions become just another way of procrastinating.

One way to beat procrastination is to starve it of distractions. But that's not as straightforward as it sounds, because there are people working hard to distract

you. Distraction is not a static obstacle that you avoid like you might avoid a rock in the road. Distraction seeks you out.

Television, for example, has after 50 years of refinement reached the point where it's like visual "crack" (the drug). I read recently that the average American watches 4 hours of TV a day - a quarter of our waking hours.

TV is in decline now, but only because people have found more addictive ways of procrastinating. An especially dangerous time waster is the Internet. This is no accident as online marketing becomes more savvy. Office workers sit in front of their computers connected to the Internet and the distractions always seek out the procrastinators.

Another reason we don't realize the danger of this new type of distraction is that social customs haven't caught up with it yet. If I'd spent a whole morning sitting on a sofa watching TV, I'd have noticed very quickly that I'm wasting time. Being a couch potato is a known danger sign, like drinking alone. But using the Internet still looks and feels like work.

The problem is a hard one to solve because most people need the Internet for some things. If you drink too much, you can solve that problem by stopping entirely. But you can't solve the problem of overeating by stopping eating. I couldn't simply avoid the Internet entirely, as I'd done with previous time sinks.

Procrastination can sideswipe you from not only your purpose in life, but also from your necessary responsibilities. Consider what we are facing in today's times. Our economic woes may not be just a distraction but become a permanent readjustment of our lives.

That said, I believe ROAR exists to awaken us to a more powerful force - more powerful than any distraction that can appear in your life. A fulfilling life is dependent on finding the lion within and unleashing him. Once you have begun that journey, the distractions will appear smaller and merely a nuisance. It is time to find the lion within and stop procrastinating.

Book Review: *A Severe Mercy*, by Sheldon Vanauken

by Joe Sturniolo

They call it a "celebrated memoir" and indeed it is. When someone recommended the book, I was curious, "what does severe mercy mean?" About three quarters through the book I finally discovered what the author meant, and how it has changed my life, and how it has opened my mind to God's calling for me.

The story is about the idyllic marriage of the author and Jean Vanauken, their search for faith, their friendship with C.S. Lewis, and the tragedy of an untimely death and love lost. "If all natural love must die in one way or another," says Mr. Vanauken, "Davy's (his wife in the story) death - he and she in love - was the death that hinted at springtime and rebirth." You will understand that statement when you understand the Severe Mercy.

The story does not just give us insight to what and why we are called for in God's purpose, but studies the struggles that Sheldon and his wife went through in discovering their faith through their communication with C.S. Lewis.

"Our fundamental assumption, which we had been pleased to regard as an intelligent insight, had been that all Christians were necessarily stuffy, hide-bound, or stupid-people to keep one's distance from... (after his wife's conversion). I didn't like my new isolation. The fun of our looking into Christianity was gone... We did not come to grips with the big question: how can the old pagan joy, the Shining-Barrier love, symbolized by a schooner named Grey Goose heeling under the wind, be reconciled with Christian joy?"

It is a book you will have a hard time putting down. It is a study in conversion, in human love, in grief, that will deliver an enormous punch to your struggle to discover your life purpose. Or, if you know your life purpose, it will give new meaning and power to that commitment.

Have you seen...

By Dan Christopherson

Have you seen *The Wrestler* yet? Mickey Rourke's performance as an over-the-hill professional wrestler trying to reconcile regrets while on the road to a come-back is unrelentingly affecting - melding bravado with poignancy.

His effectiveness in the role of Randy "the Ram" Robinson has won Rourke an Academy Award nomination for best actor in a leading role. And in a case of art imitating life, Rourke, like the character he plays, was considered washed-up in Hollywood before

ROAR links

ROAR Website:
ROARawakening.com

[Subscribe](#)
to the
e-Newsletter

[Enroll](#) in a ROAR
Webinar

Go to the
[ROAR Blog](#)

making this remarkable comeback.

So, what's in this film that makes it relevant to a ROAR devotee? The answer is this: at its core, *The Wrestler* is a story about pursuing your passion and coming to understand you often can't go down that road without leaving something - or someone - you love behind.

For a more in-depth review of *The Wrestler*, I recommend you visit www.salon.com/ent/movies/review/2008/10/10/wrestler/

Contact Information

info@ROARawakening.com
(303) 597-0152

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

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to sarrigan@geneoswealth.com by info@roarawakening.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Joseph S. Sturniolo | 7535 E. Hampden Avenue | Suite 501 | Denver | CO | 80231