

I was good at denying myself, taking care of my life of faith was a lot harder

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I spent 5 years on national MFT, and one thing I always struggled to balance was how to take care of myself without abandoning the mission.

I was hell good at denying myself, taking care of myself was a lot harder. When things got too hard, I often sought out the kind of place that every town has - a creek, some woods and pathways that lead in and out. The kind of place where kids go to drink beer in secret or smoke their first cigarette. I would find these spots when the day was too much, when I'd encountered some persecution and was still arguing with the negative person in my head. I'd put my box down and give a lecture to the spirit world of the town, explaining who True Parents were, who I was and why I was there, and how they could help. I could often go back out and do fairly well after 'clearing the air'.

Those were the breaks that make me sound good. The other times, I would lie down under a tree and be instantly asleep, often to wake up an hour or two later with ants crawling on me, and one time with sunburnt eyelids.

As an introvert, the other kind of break I enjoyed was a few quiet hours in the library. In any small town, I could find the library without asking directions. I guess my bookish ancestors guided me. A few hours of quiet, reading a National Geographic or whatnot, put me back to rights. If I couldn't find a library, a busy doctor's waiting room would do.

These kinds of breaks did not endear me to my team captains. Getting in the van, I'd have to report either spacing out, or claim that it had been a difficult run and "I'd paid a lot of indemnity." I remember my captain, Tim Forster, describing picking up a member who reported "That was a really difficult run. Nobody bought.", while he watched ants crawling around the leaves and twigs stuck in their hair.

I'm still learning how to take care of myself, so I'm curious. What was your way of filling yourself up on the front lines? What was your space out? How did you keep yourself going?