

June 2026

The Wisdom of the
RESTING FIELD

FOR OUR STERLING TEACHERS, STAFF, STUDENTS, AND FAMILIES

The Wisdom of the Resting Field

For generations, wise farmers have relied on an ancient agricultural practice known as fallowing. After years of continuous planting, growing, and harvesting, the soil inevitably loses its vital nutrients. If pushed too hard, the land simply cannot sustain life.

Instead of forcing another crop, the farmer intentionally leaves the field unplanted for a season. To a casual passerby, the empty field might look like neglected work, wasted space, or a lack of progress. There is no visible fruit, no bustling harvest.

But beneath the surface, the soil is doing vital work. In the quietness of the season, it is recovering its strength, naturally replenishing its deep well of nutrients, and absorbing the rain. The rest is not an absence of purpose; it is a crucial preparation for a bountiful harvest to come.

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As we transition into the summer season as a Sterling community, it is easy to feel that our worth is tied strictly to our constant production—our grades, our daily tasks, and our busy schedules. But just like the soil, we are not designed for perpetual harvest without periods of rest.

To point toward the source of our restoration, we remember the gentle invitation of Psalm 23:2-3: "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." This spiritual foundation reminds us that intentional rest is a divine gift, necessary for our well-being.

Whether you are a student finally putting down your textbooks, a teacher or staff member taking a well-deserved pause, or a family enjoying a shift in your daily routine, please know that your time of rest is never wasted. You are replenishing the deep well of your spirit. You are developing the quiet strength that will support you in the seasons ahead.

If you ever need a listening ear or a moment of prayer over the summer, I am here to support you. We continue to be a family, in both our labor and our rest.

Embrace the quietness of the process. Even when your days look less productive, have faith that something deep and renewing is taking hold.

Sincerely,
Chaplain David Park