

# Is Your Home Your Castle



## or Your Cottage?

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### **Just a question for you Boomers???**

There is an American proverb that says, "A man's home is his castle." How do you view the home/castle that you have worked so hard for? Do you get inside, shut the garage door (pull up the drawbridge) and hunker down with everything just the way you like it? Nothing wrong with that unless you like it so much that you become reluctant to ever leave or unwilling to lower your standards when asked to give up some of those comforts for a brief time.



### **Is your home your Refuge or ...**

Retirement or even the empty nest stage can tempt people who once said yes to many church, school, family and civic activities to now move into their cocoon. They can easily decide that they have "taken their turn" or "paid their dues" and now it is "their time." So they purchase the extended cable package, learn to program their DVR, and purchase "app's" for managing their stocks, playing Scrabble online, etc.. They can exercise at home, work from home, and even go to church from home.

### **...or is your home your Retreat Center?**

If you have ever been on a retreat or to a cabin you know that very often you give up some luxuries, conveniences and technology but your spirit is replenished by simple and natural beauty, a relaxed schedule, and an agenda of restoration. You had been moving at breakneck speed and you needed a little time to recoup. What if we viewed our homes in such a manner? Now don't overreact, we can live in them the majority of the year but rather than see them as a privileged place that you deserve and defend, we now view them as a comfortable place where you rest in between service opportunities.



**Life is about service not selfish pleasure.**

The Boomer generation has so much to give. They have accumulated so much skill, talent, and wisdom that it would be wrong to retreat to their castle and not share with the needy world around them. So how about an approach to the second half of life that gives at least 10% of their time to service or how about reversing the formula they lived by in their working life where they worked 47-50 weeks of the year and vacationed for two to five. Could they now give two to five weeks per year in the form of wholehearted service, still maintaining the 47-50 weeks for the pursuit of their personal agenda? They would still have plenty of time to enjoy their home and the pleasures they have looked forward to.

But with their new plan, they now venture out of their retreat home to mentor at the public school or volunteer at a mission in the inner city or they spend 10 days, or possibly two to five weeks on the other side of the world giving of themselves and sharing the gifts and talents and resources they have been given. And after their time of service which took them out of their comfort zone but placed them in their gifted sweet spot, they retreat to a home that is inviting and restful and very accommodating. When they are rested, they go and serve some more.

That is a rhythm of life that lines up with an inner desire to give back, make a difference, leave a legacy and simply put, to serve. And it makes sense when the world around them is filled with so many who need what they have to offer.

I considered the byline, “Refuge or Rest Home” but quickly realized that the most common image of a rest home made for a bad choice of words. I don’t want to conjure the image of a rest home or even an independent living community. That is a long way off! They pray! Boomers are living longer and healthier than any generation ever has. They have been endowed with a life and lifestyle that no generation has ever experienced. What will they do with what they have been given? Hopefully, lower the drawbridge and step away from the remote and the mouse so that their home can become a welcoming place for those who need refreshment and so that they can leave their comfortable confines and serve long enough and hard enough that they will appreciate their restful haven when they come home to be refreshed.