From The Social Justice Warrior's Guide to the High Holy Days by Dane Kuttler

And G!d says: You, who are exhausted with the work already. You, with the asphalt-worn boots, with the house full of placards. You, who are always breathing in, preparing to shout, who sees the work everywhere and swallows the impossible sea of it: breathe out, weary ones. Prepare yourselves to go in, and to go in deep. Find the work inside: the work of self-kindness, the work of healing and repair. The work on the street will still be there when you re-enter. The world needs you whole.