

FAITH HABITS FOR MAY 25, 2008

LET'S SLOW DOWN TO A RUN

Fast paced? What an understatement! Life today moves so rapidly that it's just about impossible to keep up. Thirty minute meals? Could you make it twenty minutes? Ten minute oil changes? Get a new job? The company closes down before you get properly trained.

What about the unhurried pace of childhood? Forget it! Our children are as tightly scheduled as a lawyer chasing billable hours. My grandchildren are normal teenagers. They are busy every waking moment at some school, sports, or social activity. Everyday is go-go-go! And what about Sundays? Hopefully there's time for church. Just finish homework and catch up on family and friends. Wow!

Remember the good old days before e-mail? This great timesaver sucks up hours of our day while we reply, delete, forward, or tell the sender we cannot open the infernal attachment. I'm still intimidated by this computer!

All our recreation must be packed into smaller time blocks. "Let's play nine holes, rather than eighteen". Forget the nineteenth hole, I have a meeting to get to". "Call me on the cell phone on your way home so we can arrange our next tee time." If we look at our lives, we find too much Hurry!

Isn't it time to get our priorities in order? Sure there are all the new gadgets that make things happen faster, but what price are we paying for all this! There are trade-off's for everything. Have we forgotten the most important part of our lives? Are we spending enough time with our family? Should I change "I" to "we" more frequently? What has happened to my spiritual life? How long has it been since I done someone a favor? How long has it been since I've been to confession? Is there someone I know that needs an hour or two of my time? Have I done anything to be helpful within my parish community?

Yes, it's really easy to get caught up in the frantic pace of life today. But most importantly, we must find time to show our gratitude to Jesus for all He has given us. Take time out to focus on the importance of those spiritual goals we too often forget. Can we find time daily to tell God how grateful we are for all those blessings we have? Do we take time to just stop and listen to the Holy Spirit at work within us? Is Jesus called upon in times of difficulty?

Each of us has our own connection to our faith. We all know what works best for us to achieve the directions we take. All of us know the basics of our faith. How will we answer God in quest of eternity?

Prayer: In the shelter of new dawn,
Before days weight begins,

Oh! Lord, hear my prayer.

Dale Cousino