

PASTOR'S COLUMN—OCTOBER 19, 2015

Dear Parishioners:

Although children's schedules are more rigorous and organized these days, expert's do point out that kids also need to have "down time" so they can simply be imaginative and creative in a non-organized way. In other words, children are encouraged to be restful and quiet during some of their waking hours. It makes for more balanced children who learn better and are less likely to burn out.

Having "down time" is important for all of us so we can be restful and quiet in God's presence. The Holy Spirit is in the center of our imaginations and creativities no matter what our age and we are wise to pay attention to it. People can burn out at any age but lives that are not overly rigorous or nauseatingly organized make for a more balanced, healthy time on this earth.

Children definitely need "down time" in their educational journey. But so do teens and adults; we all need rest and quiet during some of our waking hours. Chances are that we will all sleep better at night when we are attuned to the importance of rest and quiet in the Holy Spirit during the day.

In God's Balance,

Fr. Terry