

CROSSROADS TO HEALTH

"Beloved, I hope you are prospering in every respect and are in good health,
just as your soul is prospering. " 3 John 1:2

Often, when we hear the term "making resolutions" the first things that come to mind are dieting and exercising. While these can be good, health promoting changes to make (when done properly and with a doctor's approval) there are other healthy habits we can adopt, some of which have little or nothing to do with our physical bodies.

As we plan and prepare for the restoration of our beautiful church, now is also a good time to plan and prepare for a "new and improved" you.

Here are some suggestions to get you started on thinking up your own "restoration" plan.

Remember that REST is doing something.

It's easy to get caught up in the idea that our goal should be to accomplish more and more each day. While there are many worthy things in which to invest our energy, everyone's "to do" list should include a time for rest. You may not have hours to curl up with a good book, or even 30 minutes to be still. Start with the few minutes you do have and refuse to donate that time to another project. A quick nap, a few minutes to close your eyes and listen to some music, or a quiet moment to savor the daily Mass readings will help you to be better rested and more efficient when you approach your next task.

When you plan your day and your week, make sure to plan some restful activities, too.

Practice gratefulness and graciousness.

It can be all too easy to get annoyed when someone in the express line has more than 10 items, or when an overtired child is overly loud or wiggly at Mass, or when someone treats you rudely. Many of us offer up the sacrifice of silently suffering these frustrating moments rather than reacting to them. That's a good start, but we can do something more.

Take a minute to praise a well behaved child, to compliment a patient parent, or to smile back at a person who greets you in a pleasant manner. If you are grateful for the beautiful music at Mass, or for an efficient extraordinary minister, or a meaningful homily; be gracious, too. Stop and let people know that you appreciate their efforts.

Continue to ignore petty annoyances while making sure to express your thanks to God and others for even the smallest things that please you.

Stop, Look and Listen

These 3 words are often used when we teach young children how to safely cross the street. They can be equally useful when moving forward in our own lives. Our days can be cluttered with excess commitments. Before you plan another project, or accept another social invitation, or join another club or committee, STOP and pray. LOOK at what things are already on your calendar. LISTEN to what God has to say. Take time to evaluate habits, relationships, and things you feel obliged to do. If they draw you closer to God, they are worthy of your time and energy. If not, it may be time to let them go so that you can free yourself to move on to the better plan God has in mind for you.