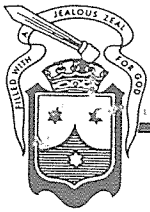


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## Carmelite Spiritual Center

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### Life is Worth Giving

TIME IS A PRECIOUS GIFT FOR LOVING

by Fr. Kevin Shanley, O.Carm.

There is an old saying that Time is:

Too slow for those who Wait

Too swift for those who Fear

Too long for those who Grieve

Too slow for those who Rejoice

But for those who Love

Time is Eternity.

As filled with wisdom as this saying may be, most of us are preoccupied with time, or the lack thereof. Whether we are Seniors or not, we seem to be in a constant state of "timelock" when demands on our time become so great that it feels almost impossible to get even one more second out of our hectic schedules. It is then that we long for the "good old days" when he had lengthy and leisurely days, especially Sundays, that seemed to provide so much time to spend with others or alone without feeling the pressure of a schedule.

But in more recent times, we've become a nation of clock-watchers engaged in a furious race to "Beat the Clock" as the old TV show was entitled. And this in spite of the myriad of so-called "time-saving" devices to aid us.

Fr. Kevin/ LIFE (Time/Gift)/ 2

We have progressed from ~~buttons~~ buttons to zippers to Velcro, from washboards to washing machines to washer-dryers, from operator phones to rotary dial to touch-tone phones, from stoves to pressure cookers to microwave ovens, from fountain pens to typewriters to word processors, and from an abacus to adding machines to calculators.

And still we are rushing to keep up to find time to do the things we really want to do.

Part of the difficulty comes from having too many choices. Not many years ago, TV offered the three major networks and a few local stations. Now there is a myriad of TV offerings on both cable and regular stations, almost too many for ~~the~~ people to choose. Even shopping has gone from <sup>(a)</sup>once-a-week ~~visit~~ visit to the local grocery store or supermarket to an almost endless series of visits to <sup>(-)</sup>megastores. Recently over 12,000 new products vied for our attention and purchases in every larger store. Even the former local movie theater is now replaced with collections of a dozen or more theaters joined together to offer a myriad of movies for our selection. And family life is often <sup>(little)</sup>more than a crowded calendar of events to which children and adults need to be driven.

But rather than simply lamenting such a state of affairs, there are certain things that can be done. For example, people need to plan life and not just time to get things done. Reflect on what is truly important in life, and then evaluate all activities accordingly.

Fr/ Kevin/ LIFE (Time/Gift)/ 3

Get ~~to~~ to know one's own body clock, which doesn't always conform to outside time, and pay special attention to peak periods. Take advantage of peak periods in scheduling work or other important activities. Don't try to use every minute. Find time to "be" and not to only "do." As the Italians often say: "Ducle far niente." ("It's sweet to do nothing.")

People need to create a map of places that are literally sanctuaries from time: churches, parks, libraries, and retreat centers. It is here that we find real time to be with ourselves in peace and with God.

People need to spend more time with individuals rather than with crowds, and to give full attention to people without other distractions.

And, finally, people need to spend time alone to appreciate their own truth, goodness, beauty --- and that they are, indeed, God's incredible creation for both time and eternity.