

## Spiritual Reflection for February 2019

### Time Flies

This month I am using a very personal topic for reflection. I hope some of you will appreciate it and I am sure some of you will have a hard time relating, but here goes. This month, I have arrived at a date I thought was far off in the future. February 2019 marks my 60<sup>th</sup> year of life! Unbelievable! I remember being in a classroom as a teenager thinking that I would be so old if I lived to celebrate my 60<sup>th</sup> birthday. Oh, how time flies.

As a kid I heard my grandparents and elderly neighbors talk about how “time flies” and I would roll my eyes deciding that was not true because I was watching the clock and time seemed to be moving at a snail’s pace. I would be bored silly some days. Today I would welcome a boring day, but as a kid I could hardly stand being bored (although it was never a good idea to mention being bored because there was always work to be done on the farm!). What happened to those days that seemed to be endless? Where did the long quiet lazy weekends go?

It is funny how our perception of time changes over time. In trying to figure out why time flies by faster as I age, I have created a list of reasons that might make sense to you, too.

1. We discover new interests and now instead of one hobby like sewing, we have several hobbies like, sewing, music, hiking, biking, ...
2. We develop new friendships. Beyond our friends from grade school we have friends from work, friends from our neighborhoods, friends from our new hobbies...
3. Our family circle grows. We get married, and our siblings get married. We have children, nieces and nephews. Our children get married and grandchildren are added to the family circle.
4. We travel more. Families continue to spread out. What used to be a 15 minute ride to see grandchildren is now often more than an hour or 2 maybe even 8 to 15 hours.
5. We become more engaged in our communities by joining service groups, volunteering at church, and becoming involved in community fundraisers.
6. And you could add to this list...

The bottom line is we keep expanding our interests, but the number of hours in a day never changes. With all of the new found interests we run the risk of forgetting to take time to grow spiritually.

I caution you to never lose focus of your spiritual health. There is a temptation to put aside one’s spiritual practices in order to put one more thing on your list of things to do or

places to see. Without your faith time will not only fly it will become a race you will lose. You will feel exhausted and defeated.

Quiet times of reflection are critical for a healthy spirit. I have found them to be absolutely necessary in my life to keep me grounded in what really matters at the end of the day. No one runs out of time. We choose to prioritize our time. When we take time to nurture our spirituality we can sit back and truly enjoy the flight as time flies.

Questions to ponder:

What would I add as a reason for time flying?

How do I prioritize my time?

How do I nurture my spirituality?

How am I using the time I have to share my God given gifts and talents?

May God's Peace be With You,

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“When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me.’”

— **Erma Bombeck** (I agree with Erma!)