



*The wisdom of the scribe depends on the opportunity of leisure;
only the one who has little business can become wise.
Ecclesiasticus (Sirach) 38:24/25
From the Apocrapha*

Last year, Don suggested that we try "taking something up for Lent" instead of "giving something up for Lent" (ref. 1).

This year, my proposal is another radical modification in usual Lenten rituals. The scripture for Ash Wednesday talked about "fasting". A suggested variation would be "SLOWING". Slow down your hectic, crazy schedule. Spend extra time praying, reading the Bible, worshipping. Take the time to talk with friends and family, visit someone you haven't seen for awhile. Take a walk (yes, even in the snow) and look around at God's glorious creation. Just sit and do nothing. (Wow - when was the last time you did that?)

While thinking about this. I recalled a prayer that was used at a retreat several years ago. Through the magic of the Internet, I located the poem, written by Wilferd A. Peterson. Post this on your mirror and read it each morning as you prepare for the day

Slow me down, Lord!

*Ease the pounding of my heart by the quieting of my mind.
Steady my harried pace with a vision of the eternal reach of time.*

*Give me, amidst the confusions of my day,
the calmness of the everlasting hills.
Break the tensions of my nerves with the soothing music
Of the singing streams that live in my memory.*

*Help me to know the magical power of sleep,
Teach me the art of taking minute vacations
Of slowing down
To look at a flower; to chat with an old friend or make a new one;
To pat a stray dog; to watch a spider build a web; to smile at a child;
Or to read a few lines from a good book.*

*Remind me each day that the race is not always to the swift;
That there is more to life than increasing its speed.*

*Let me look upward into the branches of the towering oak
And know that it grew great and strong because it grew slowly and well.*

*Slow me down, Lord,
And inspire me to send my roots deep into the soil of life's enduring values
That I may grow toward the stars of my greater destiny. AMEN*

Ref. 1: Don Potts, March 8, 2009