Cherishing the gift of time

Time. In today's world, there never seems to be enough of it. As the speed of family life continues to increase, how we use our time together (and even the time we are apart) becomes more important. Here are some ways to help your family celebrate the gift of time.

Time for Renewal

The feast of the Baptism of the Lord (celebrated the Sunday after Epiphany; Jan. 13 in 2019) marks the end of the Christmas season according to the Church liturgical calendar. Jesus is baptized by John the Baptist in the Jordan River and the spirit of God descends upon him. It is on this day that Jesus begins his public ministry. Even though today many Catholics are baptized as infants, our baptism still marks the beginning of our new life in Christ.

Light a white candle in the center of your table to celebrate your baptism and Christ's light in the world.

Time Together

We find holiness in the ordinary experiences of our lives. When we teach a child a new skill, when we discipline a child with love, when we keep our children safe and healthy, we are living our lives in the same way that the Holy Family lived. The essence of what we see in the lives of Jesus, Mary and Joseph is a relationship of love – loving God and loving each other.

Hold hands as you pray together at mealtimes this month.

Time for Self

Read this prayer and reflect upon how you might use your time to become a more fervent follower of Christ.

I am the New Year.
I am an unspoiled page in your book of time.
I am your next chance at the art of living.

In me lies the potential of all that you have dreamed
but didn't dare to do,
all that you hoped but did not perform,
all you prayed for but did not yet experience.
These dreams slumber lightly, waiting to be awakened
by the touch of an enduring purpose.

I am your opportunity to renew your allegiance to Christ who said,
"Behold, I make all things new" (Rv 21:5).
I am the New Year.

~ Author Unknown

Time for God

To live a healthy, full life, it is important to create space in your life for caring for your body, mind and spirit. Mass is where this begins, and it is important to carry our relationship with God with us every day. We can do this through daily prayer, quiet contemplation, journaling or walks. Finding ways to connect and build your relationship with God will help you build better relationships with your family and friends.

Talk about where you've encountered Christ's presence this week:

- *Did you see Christ at school? (Maybe someone was being a*

good friend.)

- *Did you see Christ at home? (Perhaps when we love each other by helping with homework or picking up our toys?)*
- *Did you see Christ in our world? (Who are the helpers doing good in society?)*

Time for Your Marriage

The Church does a lot for couples as they prepare for marriage. Pre-Cana. RCIA classes for those becoming Catholic. Once the vows are said and the pews are empty, though, couples often are left to fend for themselves. It’s often up to a married couple to seek out help when they need it, with no formal “playbook” to follow. One way to keep your marriage strong is to serve as an example for others in your faith community.

Talk to your pastor and parish staff about beginning or serving in a ministry for couples who might need to bend an objective ear.