

From the Desk of Jeff Banning ~



Silence, Solitude, Sabbath, Simplicity, Slowing – these are all actions that in our busy world we should take note of. Is your life hectic? Are you always on the go? Is there never enough time to do the things you like? Then shouldn't we be rethinking how we are programmed? I think so!

Silence and Solitude – this is not boredom! But because our lives are so hectic, we can't sit still. This is a foreign concept. In today's society we need to be connected and we need to be connected all the time. Why? We become fidgety. Why not try getting outside and enjoying nature, taking a hike on a trail, walking the dog, reading a book, visiting a friend and just getting away from it all. Don't lose yourself to

the hecticness of the world. See what it is like to spend time in quiet. Try it sometime. This does wonders for the mind and body. Start out slow, try doing this for five minutes a day and then slowly build up to a longer timeframe. Try it a few days a week until it becomes a habit of doing it constantly.

Sabbath – do you ever take a day off? I mean really taking a day off! What are the things that really get you riled up? What are those things that keep you on edge? What are those things you wish you could do without? Try taking a day off. Take a nap. Do something different. Put your phone and computer away. Rest. Worship. Restore.

Simplicity – we are in a world where everything is so over the top, why? Does every event warrant a party? Do you need every gadget in the world? Do you need a pair of socks for everyday of the year? Do we need to have things that take away from what is important in life? We are so bombarded with media and advertising that says you must have “fill in the blank” or you must do this “fill in the blank”. As the old saying goes “Why are you keeping up with the Jones'?”

Slowing – have you tried slowing down? This is really hard for me. How about driving the speed limit? Why are you in such a hurry? How about coming to a full stop at a stop sign or stop light? Right turn on red used to be known as stop, look and merge if you won't hinder on-coming traffic. Now it is a “go hell fire fast” and it doesn't matter about the on-coming traffic. Green, yellow, red, is there a difference anymore? When did this become the norm? Maybe to help combat issues such as these, we leave early and show up early. Would that help with our hurry. Being more prepared, less hurried, less of the world and more of what is really important and necessary, those might make for helping with our slowing.

I could go on and on but I think you get the idea. Try rethinking your life, your actions, what you do, what you own, how you go about things. Really take the time and effort to access. I know you will be glad you did!

~ Jeff Banning