

Faith Comment published in the Petersfield Post

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Relax

Many of us lead busy lives, often wishing there were more than twenty four hours in the day. However, amidst all this we must not lose contact with the meaning of life, the direction where we are going.

When explaining stress management to an audience, a lecturer lifted up a glass of water and asked, "How heavy is this glass of water?" The answers ranged from 20g to 500g. The answer is, the absolute weight doesn't matter. It depends how long you try to hold it. If held for a minute, that's not a problem. If held for an hour, your arm would ache. If held for a day you would have to call for an ambulance. It is the same with our daily burdens, if we carry them all the time, sooner or later they grow increasingly heavy and we won't be able to hold them. As with the glass of water, you have to put it down for a while to rest before continuing to hold it.

So, before you return home tonight put the burden of work down. Why not take a while to just simply RELAX. Whatever burdens you are carrying now, let them down for a moment if you can. Don't pick them up again until you have rested a while. Life is short. Enjoy it.