

Dear Grace Church Family and Friends,

After church on Sunday, I will be away for the next three weeks, finishing my doctoral course work at Virginia Theological Seminary.

Before I go, though, I have several things to finish up here in the church office, and so I am running around like crazy, trying to get it all done.

I suppose it is only fitting, then, that I came across an article on living an "unhurried life." It was written by Alan Fadling, author of the book *An Unhurried Life - Following Jesus' Rhythms of Work and Rest*, and provides some ideas for slowing down and savoring the moment.

I thought you might like some of his suggestions, even if you are not frantic about everything you need to accomplish right now:

1. Enjoy a few sips of your morning coffee or tea for five minutes without doing anything other than relishing the moment.
2. Take an evening walk in your neighborhood. Make it a stroll. Feel the breeze on your face. Engage all of your senses.
3. Give yourself the gift one morning of waking up without an alarm clock going off.
4. Take a moment at the end of a day to think back over your day. What are you grateful for? Say thanks. What was hard? Ask for help. What do you wish you did differently? Ask for forgiveness.
5. Spend a little time with someone whose needs are greater than yours. Lord knows, they could use your help, and it will put our own life in perspective.

See you on Sunday,
Andrew