

This past week, I read two interesting articles on the *National Catholic Register* website, one entitled “[What Liturgy Should Look Like in Your Domestic Church](#),” and another entitled “[Getting Sunday right: Family rediscovers the power of the Sabbath](#).” These articles, each in their own way, call attention to the ways we should prioritize our time and energies as Catholic Christians. Over the past year, many people have said that a hidden blessing of the pandemic, in the midst of all of its difficulties, has been the opportunity to slow down our lives and spend more time at home with our families. Nevertheless, as we gradually emerge from the pandemic, there will be pressure to simply resume the same hectic pace of life we kept up *before* it began. Perhaps some of you have felt this temptation already.

In order to prevent this from happening, we will have to consciously and deliberately prioritize the things mentioned in these articles: family time, the needs of others, prayer in the home, keeping holy the Sabbath, etc. Putting these things first in our lives will inevitably mean placing other things lower on our list of priorities, or saying “no” to some things altogether. However, saying “no” to those things that consume too much of our time and energy doesn’t have to be something negative. Rather, a “no” to one thing can be in service to a greater “yes” to something more important. Consequently, as some degree of normality returns to our lives, let us never hesitate to stay “no” to anything that keeps us from spending time with our families and friends, that keeps us from taking care of other’s needs, or that keeps us from praying to and worshiping our God. If we do so, we will certainly be happy that we said “yes” to the joy they bring to our lives.

God bless,

Father Keith