

Reminders

Men's Business Meeting: Today at 2:00 p.m.
Ladies' Bible Class: Today at 4:00 p.m.

Quotations about the Important Things

"The key is taking responsibility and initiative, deciding what your life is about and prioritizing your life around the most important things." - Stephen Covey -

"The most important things in life aren't things."
- Anthony J. D'Angelo -

"I do not want to waste any time. And if you are not working on important things, you are wasting time."
- Dean Kamen -

October Birthdays

1 Brandon Taylor	25 Christina Bruni
1 Angeles Lomeli	25 Kaila Pena
3 Betty Heitmeyer	28 Allan Brown
9 Esmeralda McCollum	31 Ashley Lopez

Regular Meeting Times

Sunday.....9:45 a.m.
Sunday.....10:45 a.m.
Sunday.....6:00 p.m.
Wednesday.....7:00 p.m.

Preacher
Carlos Peña

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Indio Informer

Vol. 24 No. 40

October 13, 2013

How will I spend my time...

It All Happened So Fast

Wade Webster

(story adapted from Charles McManis. As quoted in "Laughter, the Best Medicine." Reader's Digest, 1997, p. 210).

A snail crossing the road was run over by a turtle. Regaining consciousness in the emergency room, he was asked what caused the accident. "I really can't remember," the snail answered. "You see, it all happened so fast."

We laugh because turtles and snails aren't known for their speed. However, speed is rather relative. To a snail, a turtle is probably like a gazelle.

How fast is your life moving? Doesn't it seem like it is moving at breakneck speed? Just yesterday, it seems, we were graduating, getting married, or expecting a baby. Today, we are at the half-way point of our careers, we have been married for 20+ years, and our children are preteens or teens. If we are not careful, we will look back one day and wonder what happened.

We need to slow down and take stock of what is really important. I believe that this is especially true when it comes to our children. I have known countless parents who looked back and wondered what happened to their children. For sure, there are no guarantees in raising children. Once children reach adulthood, they make their own choices, and they may not make the right choices, no matter how they have been taught. However, it is easy in our fast-paced world to let the years roll by without giving our children what they really need.

We need to redeem the time, because the days are evil (Ephesians 5:16). We need to walk wisely, not run foolishly (Colossians 4:5). There is more to raising children than putting a roof over their heads, clothes on their backs, and food in their bellies. There is more to parenting than getting them fed and in bed. They need time and teaching (Deuteronomy 6:6-9), discipline and direction (Proverbs 19:18; Ephesians 6:1-4), affection and affirmation (Titus 2:4).

One day, how much time we spent at the office will not matter nearly as much as how much time we spent with our children. Nor, for that matter, will it compensate us as well. I have never heard a single person say, "I wish I had spent more time at the office." However, I have heard many say, "I wish I had spent more time at home."

"Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil."

Ephesians 5:15-16

Slow-Down Therapy

(from Housetoohouse.com)

1. Slow down; God is still in heaven. You are not responsible for doing it all yourself, right now.
2. Remember a happy, peaceful time in your past. Rest there.
3. Set your own pace. When people push you, it's okay to tell them.
4. Don't take simple things for granted: watch water flow, corn grow, eaves blow, and your neighbor mow.
5. Taste your food. God gives it to delight as well as to nourish.
6. Notice the sun and the moon as they rise and set. They are remarkable for their steady pattern of movement, not their speed.

7. Talk and play with children. It will bring out the unhurried little person inside you.
8. Create a place in your home . . . at your work . . . in your heart . . . where you can go for quiet and recollection.
9. Allow yourself time to be unproductive. Rest is a necessity, too.
10. Talk slower. Talk less. Don't talk. Communication isn't necessarily measured by words.
11. Give yourself permission to be late sometimes. Life is for living, not scheduling.
12. Listen to the song of a bird—the complete song.
13. Learn to stand back and let others take their turn as leaders. There will always be new opportunities for you to step out in front again.
14. Divide big jobs into little jobs. God took six days to create the universe.
15. When you find yourself being anxious, stop and ask "Why?" The best musician is one who plays with expression and meaning, not the one who finishes first.
16. Take time to read the Bible. Thoughtful reading is enriching reading.
17. Take a day off alone; make a retreat.
18. Pet a furry friend. You will give and get the gift of now.
19. Once in a while, turn down the lights, the volume, the throttle, the invitations. Sit in the dark. It will teach you to see and hear, taste and smell.
20. Take a walk—but don't go anywhere. Journey is often better than destination.
21. Count your friends. If you have one true friend, you are unusual. If you have more, you are blessed. Bless them in return.

"Be still, and know that I am God."

Psalm 46:10