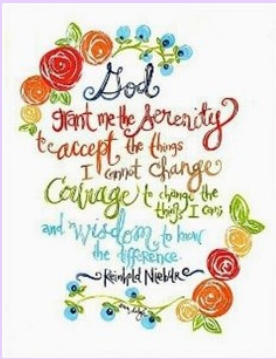


April 26, 2022



Alleluia. Alleluia. Alleluia. He is risen and is **still** with us! May you and your family still be enjoying the joy, peace and **serenity** of the **Risen Lord**.

SERENITY is such a nice word! It suggests **peace, calm, tranquility, and much more**. In the **Bible**, it is **SHALOM**, a word that is usually interpreted as **peace** but that also means **wholeness or fullness of life**...something all of us want.

There are also **two** kinds of SERENITY: **Unplanned Serenity** and **Planned Serenity**.

Unplanned serenity is the kind we use on a **daily basis** when the unexpected happens. **Planned Serenity** occurs when we take **time out** to **remove** ourselves from the **world** for a while in order to **heal** or find **peace**.

Most of us are familiar with **Planned Serenity**: vacations, spa time, going on a retreat, a prayer day, or some way of “**getting away from it all**,” just breaking away from our routine and giving ourselves **time and space** to **relax**, to **reflect** and to **rest**.

Some people take a three day weekend, others take a long walk, go to a lake, or take a class in yoga or meditation. Then, some of us create a **quiet space** in our homes (a prayer table with a candle or a Bible on it) others use their **travelling** time for getting in touch with their inner self, finding peace in **awareness** of the **presence of God**.

What is important is that we “schedule” time and a definite place for quiet reflection and prayer that fortifies us and enables us to face each day.

We all need planned **time away**, but we also need “**Unplanned Serenity**” to draw upon when the **unexpected happens**. When a **crisis** hits, it is a very good idea to have **resources** at our disposal to bring **Serenity** into our lives as we deal with what is happening. Smart people have a **serenity box** on hand with the names of **people, places and things** that will enable them to **experience** some Serenity when the unexpected happens. Do you have one?

Plan some serenity time each day