

The Pastor's Column - July 13th, 2023



Stop and smell the roses...

I know, I know! Who's not in a rush these days?

This is a friendly reminder from your pastor to take a moment each day to take a break from your busy-ness to breathe, pray, and give thanks. City life is so stressful. Take care of yourself! There are parks all around us in the city. Detour through one (in the daytime), have a seat and watch the world go by, listen to the birds sing, if for only a moment or two. If you can't get out, go to [youtube.com](https://www.youtube.com) and search "Beautiful Places" for a five-minute respite.

Skeptical? I was until I was ordered by my doctor to take a walk everyday as physical therapy following a hip injury. That directive transformed into a daily prayer walk. You can still find me every morning in Central Park. I have time to pray, as well as find solutions to issues, combat writers block, and discard awful homily ideas (mostly). I

also snap a photo of a moment when the beauty of God's creation caught my eye. This is important for me to come back to later in the day when things get nutty.

Like the image above, [you can find these daily snapshots on my Facebook page](#). I am also happy to announce that coming this fall to the bookstore the 2024 edition of my calendar "Central Park Mornings with Fr. Eric" will be available. Hopefully these images will not only give you a moment of joy but also inspiration to stop and smell the flowers!

Dios te bendiga! God Bless,

A handwritten signature in cursive script that reads "Fr. Eric". The letters are dark and fluid, with a small dot above the 'i' in Eric.

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