Did you know by deacon al

# The hustle and bustle

Our lives can be very busy with all the things going on around us like demanding jobs, coaching our kids, caring for loved ones, and of course there is always home and yard maintenance and sometimes we can become overwhelmed, tired, and even burned out. What do we do? What is the cure? Well, mini vacations are good if you can get away, but there is another free and easy way to get peace and rejuvenated. I don’t know about you, but I find coming to Mass gives me peace. My wife said to me you are the most relaxed when I am serving on the altar and she can see it. I may come in frustrated and leave relaxed. God gives us his loving grace. He knows what we need. All we have to do is spend some time with him and accept the free gifts he offers us. God does this out of his love for us. What do you do out of love? Have you ever experienced the change in you after Mass or spending time with the Lord?