

April 13, 2008
Sunday of the Fourth Week of Easter

Readings of the day may be found on the following link:

<http://www.nccbuscc.org/nab>

Acts 2:14a, 36-41

Psalm 23: 1-3a, 3b4, 5, 6

1 Peter 2:20b-25

John 10:1-10

Amen, amen, I say to you, whoever does not enter a sheepfold through the gate but climbs over elsewhere is a thief and a robber.

I recently earned some of my continuing education credits studying more about the psychology of happiness. This research has studied what makes us *really* happy. One of the things they learned is that the short cuts of life rob us of a sense of satisfaction and contentment with life and with self. They encourage us to take what they call 'long cuts', the behaviors that require more effort. That might be making dinner rather than carry out or baking bread rather than purchasing it from the store. The research shows that increasing the number of 'long cuts' in our life increases satisfaction. This reminds me that there is no short cut to a holy life. To follow Jesus means that we enter a life that is intentional and focused. The call of the gospel is a challenge not a comfortable place to fall.

If we are facing in the right direction, all we have to do is keep on walking.
~Buddhist Saying□