

Daily Dose

By Deacon Linda Bobbitt

Since my stroke, I have to take several pills every morning and evening. When I forget, my mind is muddled, my memory is fuzzy, and my blood pressure soars - putting me in danger of another stroke.

The biggest challenge for me is remembering to take the pills. A helpful nurse told us about an automatic pill dispenser which keeps time and rotates at the programmed hour to open the next dose while flashing a light and making a sound. We've set it up to ring and flash at a time when I am normally nearby so that I will notice and take the pills. Since adding this device, I am far more consistent in my dosage and my health is improved.

Spiritual practices are like this. When done regularly they deepen our awareness of God and the world around us. They open our hearts and widen our perception of the world drawing us into deeper relationships. These deeper connections transform us and we transform the world.

When I miss my spiritual practices for a day or two, I quickly fall into a confused, chaotic spiral. I forget what I'm supposed to be doing or spend too much time on the wrong things.

I finally realized that if I wanted to keep focused on what is important to me, I needed to make time for spiritual practices the same way I did for other important things in my life - I needed to schedule it in my calendar with reminders.

Now every morning my calendar reminds me to pray. Once I see it, I start my prayer routine - I go to a particular place, get my tools (books, prayer aids, etc.), and begin. When I stay with my prayer routine, the rest of my day feels orderly and manageable - even when I am busy.

