

There is a season for everything, a time for every occupation under heaven.

(Ecclesiastes 3:1)

September can feel like a time of returning to normal, to the trudge of daily life. People are back to school and work after holidays, the summer is nearly over and the nights are drawing in. Many people start courses at this time of year, or begin new projects. It can sometimes seem like a long road ahead, a long time until Spring, with just a few events like Christmas to break what might feel monotonous.

This time of year is an opportunity to dwell on the gift of time itself. It is also a chance to reflect on how well we use our time, and whether we ever find ourselves wishing it away for something better in the future.



To read Ecclesiastes 3:1-14

To reflect on

We live in a society that describes itself as “time poor” but we have just as much time as anyone ever had. Why do we fill our time with so many things and not give time to those people and things that deserve it most? Are we trying to do everything in this life because we don’t think there is anything beyond it?

To do

List the things that are most important in your life; your family, friends, going to Mass, hobbies, sports, prayer etc. Put them in order of importance to you. Why are they important?

Ask yourself if the importance of these things is reflected in the time you give them. If it is not, ask yourself why and try to make time for the most important things in your life.