

St. Matthew Parish



Website: www.stmatthewrc.org

Pastoral Staff

Pastor

Fr. Frank Black

Priests

Fr. Thaddeus J. Abraham

Msgr. Pierre Andre

Pierre

Fr. Ralph Theodat

Fr. Paul Afetor

Deacon

Nickie Colon



St. Gregory the Great

224 Brooklyn Ave.

Brooklyn, NY 11213

Tel 718- 773-0100

Fax 718- 773-4198

Email: faithcommstgreg@aol.com

Mass Schedule:

First Friday 10:00am

Saturday-5pm

Sunday 11:30am

Saturday: Reconciliation-4:30 pm

Office Staff

Secretary: Rosanne Barber Ext.100

D.R.E.: Monica Flemmings

Office Hours:

Monday - Friday: 9:00am-5:00pm

St. Matthew

1123 Eastern Pkwy.,

Brooklyn, NY 11213

Tel 718- 774-6747

Fax 718- 953-4895

Email: stmatthew1123@aol.com

Mass Schedule:

Monday-Friday 7:30am & 9:00am

Saturday 8:00am & 8:00pm

Saturday: Reconciliation-7:30 pm
or by appointment

Sunday:

English-7:30am & 11:30am

Spanish 9:30am; Kreyol 1:30pm

Office Staff

Secretary: Sharon Andrews

D.R.E.: Charmaine Noel

Office Hours:

Monday:10:00am-4:00pm

Tuesday, Wednesday,

Thursday Friday & Saturday:

10:00am-6:00pm

Sunday: 9:00am-4:00pm

Monday - Saturday-

Closed for lunch 1-2 P.M.

Our Lady Of Charity

1669 Dean St.,

Brooklyn, NY 11213

Tel 718- 774-5100

Fax 718- 778-3335

Email: Olc1669@aol.com

Mass Schedule:

Sunday: Rosary 9:00am

9:30am-Praise & Worship

10am-Mass

Office Staff:

Secretary: Patricia Romain

Office Hours:

Monday-Friday:10am-6pm

Catholic Cemeteries-

80-01 Metropolitan Ave.

Middle Village, NY 11379

Tel:718 - 894-4888



26th Sunday: The Grace of Our Eldads and Medads

Most of us here have been faithful Catholics throughout our lives. We have attended Mass weekly from our earliest days. We have lived moral lives constantly fighting temptations and seeking forgiveness for the times we've failed. We have searched for ways that we can serve God in others, particularly in our families. Most of the us here do not just go to Church on Sundays, we pray everyday. As human beings we fall, but we also rise up again through the sacraments. Most of us here are very happy to be members of the Catholic Church. We see how the Holy Spirit continually works in the Church. We look towards St. Teresa of Calcutta and St. John Paul II, and see God's presence. We witness the determination of Catholic Relief Services and the Campaign for Human Development to care for the poor and see God working. We have been disappointed and saddened by those priests and religious who have not been faithful to their vocations. Although for every one who has caused scandal, we know of hundreds of others who have been dedicated servants of the Church.

We also know that the Catholic Church is the original Christian Church and has been faithful to Christ for two thousands years. But then we also see how the Lord is working in other faiths. So many determined Christians of various religions, so many faith-filled people who do not confess Jesus Christ, are living for God, serving Him in the poor. This Lutheran congregation is determined to reach out to the homeless. That Jewish community has established care facilities for sick and destitute people of all faiths. We recognize the spiritual leadership of Dietrich Boenhaffer, a Lutheran, Mahatma Ghandi, a Hindu, and Martin Buber, a Jew. We see how God worked through Billy Graham; how he reaches out to others in song through the Pentecostal group Hillsong United. We see how a middle aged Tony Dungy and a young Tim Tebow use their athletic prowess as stepping stones to proclaim the Lord.

And we know that the Spirit is alive and well in the world working through those within the Catholic Church, and those within the universal Church who themselves do not share in the seven sacraments or might not even believe in Jesus Christ.

Eldad and Medad were not in the tent. They weren't present with the 70 who received the Spirit back in the days of Moses. Yet, Eldad and Medad still received the Spirit. "Stop them," Joshua said. "Why?" asked Moses. "Would that all the people shared in the Spirit."

Some man was baptizing in the name of Jesus. He was not one of the Twelve. Perhaps he heard Jesus speak and wanted to spread the Gospel. "Stop him," John said. "Why?" asked Jesus. "He is doing good work."

We are graced to live in the age of the Spirit. This wonderful time began when the Father and the Son sent the Spirit upon the world. He is the Spirit of God. He is the action of God. He transforms the world by working in the hearts of all good people. And thus, in the Vatican II document, The Church in the Modern World, the Catholic Church declared that all who are open to God, who are following their consciences, are themselves, in fact, members of the Church, saved by Jesus Christ.

Eldad and Medad may not have been in the tent. But the Spirit still empowered them.

Just as the Spirit empowers that husband who had been away from the Church for years, who mocked all things good and holy, but who, when he looked at his first born, said that he needed to change his life. He returned and returns daily. He continually asks forgiveness for the time he was away. Now, he is leading his children to God. The Spirit has given his life meaning and purpose. Like Augustine he grieves, "Late have I loved thee." And like Augustine he has learned that God never stopped loving him.

Eldad and Medad may not be in the tent, but the Spirit still empowers them.

Just as the Spirit empowers that woman who had two babies by two different men, and an abortion due to another man, and now, through bitter tears and daily repentance, has chosen God. She works diligently caring for those who also tread the path of death she had been on, for those who have offended against the dignity of Christianity as she had offended against life.

The Spirit is present in the Church. Jesus is present in the Blessed Sacrament. But the Spirit is also present where we, foolish human beings with our feeble attempts to limit God's power, least expect to find Him.

Eldad and Medad were not in the tent. There was a man baptizing in Jesus' name who was not one of the Twelve. How can this be? No one can harness the Spirit. He is God, the action of Love that has been unleashed upon the world through the Gift of the Father and the Sacrifice of the Son.

We thank God today for the wonders of the Holy Spirit, in our lives, in our Church and in the world.

WEEKLY READINGS	
Sun Sept 29	Nm 11: 25-29/ Jas 5:1-6/ Mk 9:38-43,45,47-48
Mon Sept 30	Jb 1: 6-22; Lk 9:46-50
Tue Oct 1	Jb 3: 1-3,11-17,20-23 ; Lk 9:51-56
Wed Oct 1	Jb 9: 1-12, 14-16; Mt 18:1-5,10
Thu Oct 1	Jb 19: 21-27; Lk 10:1-12
Fri Oct 1	Jb 38:1, 12-21,40:3-5; Lk 10:13-16
Sat Oct 1	Jb 42:1-3,5-6,12-17; Lk 10:17-24

OUR LADY OF CHARITY: MASS INTENTIONS

BIRTHDAY BLESSINGS : Emillio Simon, Joann Beckles , Zaniyah Bailey, Stacy Jackson, Coleen Rojas , Clarrington Gill , Kenneth Woodroffe , Jessica Mobley , Imani Busby ,Kalihah Fowlkes/ Barber , Gertrude Munro , Roseline Theodule , Angellina Heslop, Alessandra Newton, Jayden Green, Candica Bowen, Khalil Carter , Masley Williams
We pray to the Lord

TODAY'S MASS : Birthday blessings for Addison Phillip, Emillio Simon, Johnathan Duncan, Donna Crayne , asking Gods for continue guidance , protection on their lives, requested by Lisa Romain,
We pray to the Lord.

ALTAR BREAD : We pray to the Lord.

SANCTUARY CANDLES : We pray to the Lord.

WEDDING ANNIVERSARY : Mr. & Mrs. Omar Torres, Mr. & Mrs. Owen Martin
We pray to the Lord.

PARISH PRAYER: For our parish, that the three communities of St. Matthew, St. Gregory the Great and Our Lady of Charity, learn how to merge and grow together spiritually and become financially sound as three and yet one,
We pray to the Lord.


ST. GREGORY : MASS INTENTIONS

Saturday, Sept. 28th	5 PM Vigil Mass for Cornelia Robergeau, R. I.P., Requested by The Family
Sunday, Sept. 29th	11:30 AM Mass for The Eduard Family & Paul Bossion, R.I.P., Requested by Emila Eduard-Bossion
First Friday, Oct. 4th	10 AM Mass & Eucharistic Adoration for Hazel Williams, R.I.P., Requested by Marie Robergeau
First Saturday, Oct. 5th	5 PM Vigil Mass for Claudette Norde Noel, In Thanksgiving for Life


ST. MATTHEW: MASS INTENTIONS

Saturday Sept 28	8:00pm – R.I.P. Sanite Blanc by Berenice Malique
Sunday September 29	7:30am – Birthday blessings for Lucesca Francis 9:30am –R.I.P. Maria Margarita Lopez 2nd anniversary by Minerva Lopez 11:30am –Birthday blessings for Chad Chasteau by family 1:30pm –Birthday blessings for Chantal D’Haiti by Marie Coeur Altidor
Monday September 30	7:30am – Blessings for Marthe Clotaire 9:00am – Thanksgiving to St. Michael & the Holy Spirit by Carmen Edouard
Tuesday October 1	7:30am – Birthday blessings D’Shawn Williams by aunt, Myrna Mendez 9:00am – I.L.M. of deceased family members of the Marcel family by Rosalie Kabore
Wednesday October 2	7:30am – God’s healing blood & Mother Mary’s intercession for Floe Patrick & family 9:00am – Healing, peace, strength & blessings for Althea Pierre & family
Thursday October 3	7:30am –Healing for those suffering from cancer 9:00am – Birthday blessings Flora & Kmani Bledman by Flora Bledman
Friday October 4	7:30am – R.I.P. Ricky Langelier by St. Matthew Staff 9:00am – Asking the Holy Spirit to descend on our parishioners & fill them with his grace
Saturday October 5	8:00am – Birthday blessings for Aline Henry

BREAD FOR SEPTEMBER

	Birthday blessings for Uphita Clarke
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BREAD FOR OCTOBER

	R.I.P. St. Clair Andrews by family
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SACRAMENTS & REGISTRATION

PARISH REGISTRATION:

All are welcome! Any letter concerning sponsorship for the sacraments or testimonial letters will only be issued to registered parishioners of 6+ months. Please register

✂

Full Name _____

Address 1 _____

Address 2 _____

Telephone Number _____

Email Address _____

Were you registered before _____

If yes, registration # _____

in the rectory.

RCIA

RCIA stands for RITE OF CHRISTIAN INITIATION OF ADULTS and is composed of a series of sessions bringing people together to experience the prayer life of the church as well as learn about its doctrines and teachings. Using the readings from the Bible which we hear daily at Mass, the Sacred Liturgy as well as the Catechism of the Catholic Church, teens and adults who have not yet done so prepare themselves to receive the sacraments of Baptism, Confirmation & Holy Eucharist.

C'est la préparation de Ceux qui ne sont pas catholiques mais qui veulent le devenir. RCIA prépare ces personnes à recevoir le sacrement de baptême.

Es el proceso para preparar los no católicos que están interesados en pasa a ser miembros de la iglesia católica. También prepara católicos para completar el sacramento de la iniciación.

SACRAMENTS & REGISTRATION

RECONCILIATION/CONFESSIONS/RECONCILIACION

- ◆ Saturday 7:30PM-8:00PM or anytime by appointment in the Rectory.
- ◆ Samedi 7:30PM-8:00PM ou du moins appelez du presbytere pour un rendez-vous.
- ◆ Sábados de 7:30PM-8:00PM o cualquier otra hora por cita.

MARRIAGE/MARIAGE/MATRIMONIOS

- *Arrangements must be made AT LEAST six (6) months in advance
- *Contacter le presbytere au moins (6) l'avance.
- *Arreglos deben ser hechos por lo menos seis (6) meses por adelante.

MINISTRY TO THE SICK/LES MALADES/LOS ENFERMOS

- * Sick & Homebound can receive the sacrament of anointing from a priest and receive Holy Communion on a regular basis from our Ministers of Holy Communion. Please contact the Rectory
- * Ceux qui sont très maladies et ne peuvent pas sortir de leur maison peuvent recevoir le sacrement d'extrême onction d'un prêtre de la paroisse, la sainte communion d'un ministre de l'eucharistie appelle au presbytere pour un rendez-vous.
- * Puede recibir el Sacramento de los enfermos por un sacerdote. En tiempos regulares puede recibir Sagrada Comunión de uno de nuestro ministros de la Comunión Favor notificar la rectoría.

BAPTISM/BAPTEME/BAUTISMO

- ◆ Registration and preparation in our baptismal class is required. Please contact the Rectory for date and time of our next class.
- ◆ Tous ceux ou celles qui voudraient recevoir le baptême doivent se faire enregistrer au presbytere pour prendre part aux cours avant la réception de ce sacrement. Pour plus d'information, composez le 718-774-6747
- ◆ Registracion y participación en nuestras clases bautismal es un requisito para el bautismo. Favor de encontrar el diacono Cruz para fijar la fecha y

REMEMBER IN OUR PRAYERS

For the homebound, hospitalized and sick

Judith Adams, Carmen Allen, Rita Antomez, Armelle Amilcar, Hillary Amarosa, Loraine Quash– Antoine, Marie Augustin, Al Barnett, Monica Belfon, Marque & Yael Barber-LaFon, Melona Barber, Jason Bascom, Silvestre Brathwaite, Ismay Brewster, Jahonah Brown, Recy Brown, Isabella Bugett, Patricia Burrows, Yolande Cadet, Eslyn Canning, Diana Codogan, Cathleen Charles, Catilda Charles, Delcia Charles, Marcel Charles, Maria Clouden ,Cecilia Clovie, Mahalia Clunis, Nelia Collins, Marilyn Coates, Virginia Cox, Daphne Critchlow, Golda Critchlow, Theresa Cudjoe, Veronica Dale, Angela Daniels, Shirley Daniels, Marcella DeSandies, Joseph Drew, Stephen Duncan, Dorothy Edwards, Una Europe, Stella Emmanuel, Elardo Flemmings, Carrie Frasier, Sherwin Fung, John Gale, Ryan Gee, Sybil Geoffroy, Catherine & Deacon Roy George, Bernadette Gilbert, Muriel Gomez, Trina Gonzalez, Kellon Hagley, Kelly Hagley, Gwendolyn Harding, Pat Harris, Bruno Henry, Beverly Hillyer, Pierre & Elreta Hinds, Florence Holder, Danielle Huie, Janice & Orson Hutchings, Kerlyne Hyppolite, Anasha Inniss , Carlyn Jabouin, Donna James, Nellie James, Roberta Jennings, Alsie Johnson, Nicole Johnson, Magdalena Joseph, Ian Kellman, Lucy King, Albert Kirton, Kanelle Lang, Rhoda Lewis, Sampson Lewis, Marjorie Lopez, Luis Manuel Lorenzo, Madelin Lorenzo, Vivian Boykin Lott, Norberto Lovell, Jean Lubin, Gloria Lynch, Hubert Lynch, Mamita, Barbara Manuel, Judith Matthew, Wilma Maynard, Tom McCafferty, Laura McDonald, Mavis McDonald, Leticia McDowell, Vernita McDowell, Gemma Mejias, Daniel David Mendez, Marcelina Morales, Grant Nelson Jr., Isai Munoz, Marta Munoz, Nelson Munoz, Suzanna Neil, Ronald Nethersole, Claudette Norde, Mother Dolores Olf, Keena Ollivierre, Margaret Otumba, Ronaldo Nano Paul, Sharonie Perry, Andre Perry, Chung Peters, Mary James Peterson, Marie Pierre, Melody Pink, Sonia Prescott, Ann Primo, Val Quash, Len Quash, Dorothy Irons Reid, Catherine Richards, Elizabeth Rivera, Carlos Rudas, Lidia Saunders, Fr. Robert Seay, Pamela Smith, Pema Smith, Robert Smith, Lisa Scott Spencer, Delores Sykes, Kevin Maynard, Basil Suarez, Antonio Sultan, Brenda & Javier Talango, Angela & Edris Thomas, Jean Thornhill, Allison Thorpe, Lyonette Tribie, Janet Throne, Malik Wellington, Karen Williams, Terrance Williams, Octavio Willis, Leandro Wilson, Reynold Williams, Christine Wright, Joan Wright, Natasha Wright, Vilma Zuniga

SPECIAL PRAYERS FOR : Yvonne Lacy, Dean Jackson, Wendy Romain, Vaughn Haynes, Georgeann Campbell, Danielle Huie, Cotilda Charles, Anthony Hepburn Jr., Lawrence Latimer & family, La Mar Mc Nabb, Lisa Colone, Christine Hudson & family, Conrad Lord, Glenda Hunter, Livingston Holloway, Jaden Bell, Nathan Ford Sr. & family, Sabrina Guess , Daphne & Golda Critchlow , Gwen & Helena Pugh, Almarie Mc Coy, Raymond Jorsling , Kato Pollydore, Judith Prosper , Lisa Scott/ Spencer, Carla Martin, Marge Ho-las, Hermelene Thomas, Althea Gordon, Maureen Walter, Khalilah Saleem, Quarless family, Lisa Scott/ Spencer, Nigel & Jacinta James, all families represented here today,

All students, teachers and principals, President Joseph Biden & his family, Vice President Kamala Harris & her family, our Government, prayers and petitions in our prayer basket, for the all Priest especially those who serve here at Charity, Religious Vocations, and an increase in Religious Vocations, all men and women serving our country, the elders, all who are incarcerated, and unexpressed prayers, for immigrants, a successful solution to the pandemic, the mentally sick, the unemployed and under employed, end to gun violence and for world peace,

We pray to the Lord.

WEEKLY MEETINGS - St. Matthew

St. Matthew weekly meetings have commenced. Please contact your ministry to find out the time and date of the meetings.

WEEK OF SUNDAY 09/29/2024 @ ST. GREGORY

- + **9:30 AM Sunday school CLOSED -Will resume October13th**
- + **11:30 AM Mass – (Live Stream)**
- + **CREDIT UNION-OPEN**

MONDAY 09/30/24

- + **7:30 PM Choir Rehearsal-Church**

FIRST FRIDAY 10/04/24

- + **10 AM Mass with Eucharistic Adoration**
- + **7:15 PM Bible Study-meets via zoom**
(Studying the Book of Ephesians)

FIRST SATURDAY 10/05/24

- + **4 PM Confession**
- + **4 PM Vigil Choir Rehearsals**
- + **4 PM Light Fest Prayer Group – via zoom**
<https://us02web.zoom.us/j/82362442148?pwd=MGVNMWFFQcVdrQktXeTh0YjRadC9Mdz09>
- + **5 PM Vigil Mass-Church**

COLLECTION 09/21– 09/22/2024

ST. MATTHEW

Mass	Enve- lopes	Envelope Collection	Loose money	Totals
8:00 PM	25	835.00	335.00	1,170.00
7:30 AM	86	2,544.50	376.00	2,920.50
9:30 AM	58	1,140.62	333.55	1,474.17
11:30 AM	68	1,485.00	356.87	1,841.87
1:30 PM	42	1,046.00	214.60	1,260.60
L.I.R.	36	1,531.00	—	1,531.00
Total	315	8,582.12	1,616.02	10,198.14

ST. GREGORY

Mass	Enve- lopes	Envelope Collection	Loose money	Totals
5 PM	16	915.00	98.00	1,013.00
11:30AM	18	675.00	169.00	844.00
Total	34	1,590.00	267.00	1,857.00

OUR LADY OF CHARITY

Mass	Enve- lopes	Envelope Collection	Loose money	Totals
10:00AM	52	2,328.00	—	2,328.00
Total	53	2,328.00	—	2,328.00

**FAITH DIRECT: \$1,815.00 collected
September 1 to September 25, 2024**

ST. MATTHEW EXPENSES

INCOME	Jan – June 2024	Jan-Jun 2023	CHANGE
COLLECTION	\$ 463,241	\$484,004	(20,763)
RENTAL INCOME	280,457	260,410	20,047
DONATIONS/ FUNDRAISING	58,690	30,214	28,476
OTHER	17,060	1,622	15,438
TOTAL INCOME	819,448	776,250	43,198
EXPENSES			
SALARIES	380,494	411,038	30,089
MAINTENANCE	82,778	97,198	14,419
OFFICE EXPENSE	68,823	69,626	803
PROGRAMS	2,408	6,396	3,988
ALTAR SUPPLIES	9,655	14,393	4,738
UTILITIES	127,757	93,675	(34,083)
MISCELLANE OUS EXPENSE	192,841	181,601	(11,240)
TOTAL 3 EXPENSE	865,212	873,296	8,714
NET INCOME LOSS	(45,764)	(97,675)	51,912

ST. GREGORY THE GREAT

ALL ARE INVITED to join St. Gregory the Great BIBLE STUDY meets on zoom every Friday from 7:30PM to 8:30PM with Catherine Abdullah Eastern Time (US and Canada)

Bible Study is beginning the Book of Exodus (A Book of the Bible is picked (By the Group) alternatively, from the Old Testament, followed by The New Testament.)

Link for Bible Study <https://us02web.zoom.us/j/85498875775?pwd=Nk4zY3BVOUFmVzRUSDJodllWSDArUT09>

. Dial 929-205-6099 using meeting ID 782362442148 and pass code 424370. (Please contact any member for information on book currently being read.) (ALL ARE WELCOME!)

(SEE CHANGE) LIGHT FEST PRAYER GROUP Meets In Person at St. Gregory R.C. Church every "SECOND SATURDAY" of the month in the Rectory's dining room. The remaining Saturdays of the month, Light Fest Prayer Group meets on zoom in the Light Fest Reading Room from 8PM to 9PM.

UPCOMING MTGS. & EVENTS @ ST. GREGORY

St. Gregory the Great – Religious Education
Sunday school Closed. Will resume October, 2024
Parents we encourage the children to attend Mass on Saturdays or Sundays during the break, unless they are traveling. *****

St. Gregory the Great – Religious Education
Sunday school Closed. Will resume October 13th, 2024

Parents we encourage the children to attend Mass on Saturdays or Sundays during the break, unless they are traveling.

MARCUS GARVEY SERVICE IS NOW SCHEDULED ONCE A MONTH ON THE SECOND SUNDAY AT 2 PM

Heritage Committee of St. Gregory the Great Luncheon on October 19th, 2024 at St. Teresa of Avila Church located at 555 Sterling Place (Franklin & Classon Aves.) Time: 12 Noon to 5 PM Tickets Adults: \$40 and Kids: \$20. There will be music by DJ Page, our very own Ms. Nicole Davis and the Internationally Renowned Opera and Concert Singer, Mr. Everett Suttle

FREE SHREDDING EVENT sponsored by Crown Heights North Associated on Saturday, October 19th, 2024 from 9 AM to 12 Noon. Hospitality immediately after the 11:30 AM Mass on the church porch.

EL CHRISTO NEGRO MASS on Sunday, October 20th, 2024 at 11:30 AM. Hospitality after Mass.

GIFT SHOP

Located @ the back of the Church, selling an array of religious articles including rosaries, open on weekends before & after Mass.

EUCCHARISTIC ADORATION



Adoration in the Church on
Wednesdays and Fridays after
9:00 am Mass until 12:00 noon
and
First Fridays from **7 P.M. to 9 P.M.**

UPCOMING EVENTS

First Friday– October 4th—We will have Exposition after the 9 A.M. Mass until noon and in the evening from 7 to 9 P.M.

The Anointing of the sick mass will be held on **October 12th at 10am.** You must be Catholic and in a state of grace to receive this Sacrament. Please call or stop by the rectory to register.

Jesus Nazareno Mass will be held on Monday, **October 21st at 7.30pm** starting with a procession followed by the Mass at St. Matthew.

Bethlehem Christian families will be here to sell religious artifacts on the weekend of **October 26th and 27th after all masses.** By making a purchase you are supporting the Christian families in the Holy Land.

The 2025 mass book is now open, but we will only be taking Mass intentions for **January-June 30th of 2025.**

SIGHT N SOUND trip to Lancaster Pennsylvania to see the play “DANIEL”

DATE: Saturday, December 28th

Price: \$175 for adults and \$ 145 for children ages 3 -12.

We will have shopping, (**NOT** at Tangers outlet) Dinner at the Golden Corral and the show.

To reserve your seat you must make a deposit of \$50 immediately

RAFFLE: You would've received your raffle books via mail. The tickets are \$5 each. If you sell a full book the 6th ticket is free. The prizes are:

1st prize– 2K

2nd Prize-1K

3rd Prize-750

4th Prize-500

If you need additional raffle books, please stop by the rectory. The **drawing takes place during our Christmas concert on December 15th.**

REMEMBER

The paradox of our time in history is that we have taller buildings but shorter tempers; wider freeways, but narrower viewpoints. We spend more, but have less; we buy more, but enjoy less. We have bigger houses and smaller families; more conveniences, but less time. We have more degrees but less sense; more knowledge, but less judgment; more experts, yet more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion; big men and small character; steep profits and shallow relationships. These are the days of two incomes but more divorce; fancier houses but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stock-room. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember, spend some time with your loved ones, because they are not going to be around forever. *Remember* to say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember to say "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak, and give time to share the precious thoughts in your mind. **AND ALWAYS REMEMBER:**

Life is not measured by the number of breaths we take, but by the moments that take our breath away

Dr. Bob Moorehead-