

A PAUSE FOR THOUGHT		
	<u>THE SUNDAY SQUEEZ</u> (Finding time for Mass in a busy :	
packed	y time is busy. Even without children, ou d with activities. v do busy people make time for Mass, ar o?	
HOW	TO GET THERE:	
•	<u>Plan ahead</u> - Schedule Mass ahead of the other activities around it. Make Mass the or it will get squeezed out.	
•	Free up Sundays - Do chores on weekd Confine kids activities to other days.	ay nights.
•	<u>After Mass bonus</u> - keep the positivity a visit to the park, an ice cream shop o	r café.
•	<u>Double duty</u> - If you are on the road, at where you'll be doing other things.	ttend Mass near
WHY	MASS:	Recharge

- Feed your soul: Mass is a spiritual superfood.
- Connect with others.

- Breathe, Rest, Recharge: Get off the activity treadmill.
- God said so: Do we need a better reason?

Through Sunday rest, daily concerns and tasks find their proper perspective, the material things we worry about give way to spiritual values.

