



## TIME

Your sense of time changes when you come to the monastery, and not only because the bell calls us to go to prayer seven times a day. People are surprised when they hear that we don't have vacations or weekends off. Who would sign up for a contract like that? But what if in this way you were able to discover the real value of the present moment, the beauty of the ordinary? You don't

have to wait for that perfect time that never arrives to show gratitude to God or to make little gestures of love and service for those you care for and people in need. Love and gratitude are the meaning of life, like God, they are always available to us, right there deep in our hearts. Then each day is the best day of the week.