

November 02, 2014

## *Mostly Personal...*

Loved Ones,

Well, we made it! We remembered to adjust our clocks for the end of Daylight Savings Time that began last Spring. You may not think that's a big deal, but since the time change always occurs early on Sunday mornings, we pastors are particularly mindful of the effects of DST.

First of all, you always run the risk of people being late for church or not coming at all. I know what you're thinking – you're thinking, "No, people would be EARLY if they forgot to set their clocks back." Yes, but in over 35 years dealing with the effects of DST, I can say confidently that almost nobody forgets to set their clock BACK. Almost all of us (pastors included) prefer to forget to set our clocks FORWARD! So the real hit is in the spring. There was one lady, however, that arrived over 2 hours early a couple of years ago. "I guess it's fall back, not fall forward," she sheepishly confessed.

On top of that, people are just out of sync on time-change Sundays. Though the spring effect is much worse, it's almost like our bodies don't know what to do with an extra hour of sleep. Maybe it's our Christian work ethic, but I've caught myself sensing a sort of guilt for feeling rested on the Sunday that DST ends. Most years I'm so excited about getting an hour back that I'm too excited to sleep, so I still lose an hour even though the logic of the clock says it should be otherwise.

And what about the little ones? They're teenagers before they realize they can sleep in! So they get up by their body clock, which means we don't get the extra hour after all. Just be sure to have a Veggie Tales DVD ready to plug in while you feverishly grasp for even a fragment of the fast-fleeting bonus hour.

Is the change worth it? It depends on whom you ask.

Some experts say the loss of daylight in the afternoon makes us more prone to depression, especially as the holidays begin. Farmers hate it; retailers seem to love it. Winston Churchill said it was crucial to the war effort in Great Britain. In the early days of computers, it was feared DST would bring every computer in America to an early demise.

Whatever we may believe, the debate has continued ever since DST began in 1916. It took Congress 21 years to finally make a decision to accept it, and there's even a debate about whether it's properly called Daylight SAVING Time or Daylight SAVINGS Time. It seems we have official documentation for both titles.

So what do we do with this *gift*?

I think maybe a couple of suggestions are in line.

#1. Thank God for every day you have, whether DST measures the day or not. If you like it, then celebrate with your family and make the most of the time change. If you hate it, remember – this too shall pass (next Spring, then again in the Fall, and the Spring, and the Fall...).

#2. Learn to accept opportunities for rest and relaxation. The older I get, the more appreciative I am for second chances and extra hours. Enjoy the moment!

#3. Just set the clock and forget it. Most of the trouble we have with time change is caused by our worry about time change. Many of us are like the man we all heard so much about (I doubt he ever existed) who stayed up until 2 AM to change the clock because that was the time the change went into affect. Again I say – let it go, and get some sleep ☺.

I think you're probably on to me by now. This epistle isn't really about the vices and virtues of Daylight Savings Time. It's just a reminder to enjoy every minute of every day that God gives you.

This quote has become a bit of a cliché, I guess. We see it so often on cards and coffee mugs, but it really is quite profound.

*"Life isn't measured by the number of breaths you take.  
It is measured by the number of moments that take your breath away."*

So, enjoy the moment.

Savor the acts of love that come your way.

Rejoice with the wife of your youth. Give her a bonus DST kiss today.

Cherish every expression of your children.

And take a nap this afternoon.

Remember, we love you to the moon and back!  
Pastor Stephen, Ramona, and all the Chittys

I love you all,  
*Pastor Stephen*

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