

DOWN-TIME EDITION

The 50 days between Easter Sunday and Pentecost were a period of down-time for the Disciples and followers of Jesus. Christ revealed himself to them in these moments and prepared them for what lies ahead. Lets appreciate this down-time we have now, how can we grow in our faith and in our lives in a spirit of renewal?

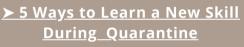
JOHN 10:10

...I Came that you might have life and have it more abundatly.

Meditate on Jesus for a moment at this Real Life Catholic Link











➤ 5 Surprising Ways a Work
Break Helps Your Brain

➤ Create S.P.A.C.E

An Acronym for

healthy down-time



"Come to me, all you who labor and are burdened, and I will give you rest."

➤ Virtual Event Calendar for liturgies



➤ Subscribe to

Tech Talk Tuesday

and view past content

DELANEY RUSTON, MD

Diocese of

Green Bay

great advice on managing screen time

The Office of Marriage, Family Life and Pro-Life