

PRESIDENT'S MESSAGE

Cheryl Punzalan, Council President

Oh, my! It's June already! I have so much to do. At least I am not dealing with end of school / beginning of summer issues. Still, work has been so busy with many changes in personnel and reporting structures. I am working longer hours and sleeping less. Then there are all the things I wanted to accomplish as Salem President before my term is up. Lately, laundry has still been sloshing about at 11 pm, since that is when I have time to do it. How do I get everything done?

When life gets busy, one tends to sleep less. When one isn't getting to bed late, one is having trouble getting to sleep, worrying about what didn't get done that day and how one can make up for it the next day. This is not a good thing as many studies have shown that when one does not get sufficient sleep, one is not as productive and one's concentration, accuracy and decision making ability goes down in value. OK, so I have to sleep, now what?

Then one looks for unnecessary activities that one can cut out. How many meetings is one required to attend? Several are activities in which I choose to participate. So, book club is out for a while and, several fellowship events have got to go. But, wait, other studies have shown that people need personal time: time that is strictly for them and their families. Without a balance between work and personal time in one's life, one is frustrated and not as productive. OK, I need some me time.

Another area that is easy for some of us to cut out of our busy lives is our personal meditation time. However, personally, I find that if I take the time before I turn out the light at night to read the Bible or one of my many wonderful books of Christian essays and to pray, I sleep better. So, this is also important.

Will life slow down? Eventually, or the business is just different. Will I ever have time to do everything I want to do? Not without taking time to do some personal inventory and prioritizing what needs to be done vs. what I want to do. Will I take time away from my prayer and worship life? No, that is still too precious. So, I will hurry along and will ask, as Fr. Malcolm Boyd asked in his book of the same title, "Are you running with me, Jesus?" I know you are.

Shalom, Cheryl

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