

# Marist Minute

Take it easy Nan. No need to rush

I was taking my quite elderly and frail mum to visit her granddaughter (my niece) and her young family. We pulled up outside their home. As I went to get mum's walker out of the boot, her five-year-old great grandson rushed out excitedly to greet the visitors. My mum wanted to give him a hug so tried to get out of the car quickly. But was having a bit of difficulty. The little man could sense her struggle and very calmly put his hand on her arm and said, 'take it easy Nan, no need to rush', as he tried to help her out of the car. I had tears in my eyes as I watched the love, gentleness and acceptance between the two of them.

Pope Francis in his address to youth said: "We didn't come into this world to take it easy, but to leave a mark!" But, after the rush of Christmas, and now the rush of getting ready for another term, may you find time to take it easy, to pause and refresh, before you rush off again to leave your mark. Meditate, pray, swim, walk, read, run, watch a sunrise or sunset, paint, garden, chat with friends, sit by the beach - how do you take it easy.

From the Eagles:

*Take it easy, take it easy*

*Don't let the sound of your own wheels drive you crazy*

*Lighten up while you still can*

*Don't even try to understand*

*Just find a place to make your stand*

*And take it easy*



## Journal Questions:

*How do you take it easy?*

*How will you leave your mark this week?*

