

Pk's Perspectives... Summertime

One of the realities we quickly learn upon graduating from our final level of learning – be it high school, college, or post-graduate – is that summer time is not all that different from fall, winter, and spring time. Unless your vocational aspirations have landed you in the field of education, summer is pretty much summed up in two long holiday weekends that symbolically mark the beginning and end of summer, a week (or maybe two) of vacation, and a one-day mid-summer holiday to celebrate our national independence. Excepting students or educators, summer is mostly business as usual.

Be that as it may, summer does have a slower vibe. The days are long, hot, and humid; even the growth rate of the grass slows down unless you are the unfortunate soul who decided to feed your lawn copious amounts of nitrogen. There seems to be less extracurricular stuff complicating our summer schedule. It is a painless thing to surrender to the malaise of summer's lethargy while dreaming about the start of college football, the coolness of fall, and leaf season in the mountains.

So why not approach the summer of 2017 with a different attitude? Why not leverage the slower pace of summer to accomplish some things that will most certainly not get done once the hyper-activity of fall gets cranked up?

This summer would be a good time to establish a daily exercise regimen. On average, it takes two months before a new behavior becomes automatic. See there? Summer is tailor made for establishing a healthy exercise habit...your schedule is maybe a little less crowded and the days are longer, which makes for ideal late evening walks when the sun is low and the temperatures (relatively) cooler.

This summer would be a good time to give it away. Clean out your closets and dressers and storage sheds. All that stuff collecting dust in your house? There is someone who could be putting those things to use! Here's a good rule of thumb: if you haven't worn it or used it in the past six months, it's probably time to give it away. (I know – every rule has exceptions: my lawn mower sits unused for five or six months of the year but I'm not going to give it away.) But generally speaking, this is a pretty good guideline. I went through my t-shirt drawer and closet during the Memorial Day weekend and now have a full bag of t-shirts, dress shirts, chinos, and jackets to give away through Goodwill or Willing Hands.

This summer would be a great time to share life with people outside your immediate circle of relationships. Invite one or two families over to your house for a cookout, do this more than once, and with different families or acquaintances each time. Plan for it, pick a date and start inviting – don't allow the summer lethargy to steal the moment. You don't have to provide a gourmet meal! Hamburgers/hotdogs on the grill still works and allow your guests to contribute by bringing drinks or chips or blackberry cobbler...it's the fellowship, not the food that needs to be rich!

This summer would be a great time to attend church. On the weekends when you're out of town, find a church to attend; I think periodically experiencing the "Church Visitor" perspective makes us more sensitive to the needs of guests who choose to worship with us! When you are in town, bring the family to church... even on Sunday and Wednesday nights. If right now you're thinking, "But preacher, there are no children's activities on Sunday & Wednesday nights during the summer," then you have exposed in yourself a serious parenting fallacy. When children are raised to think attending church is about "What I get" rather than "What I bring", it's no surprise they wander from church as grown-ups! Cya Sunday @ 9:00/10:15, PK.