

## Yes, Priests Take Vacations!

Dear Friends,

Back in the spring, I made plans with a priest friend to take a couple weeks of vacation in November, specifically, Oct. 29 through Nov. 10. Frankly, these were not ideal dates for me as we will miss All Saints Day and All Souls Day, but it seemed to suit his needs so I agreed. Once I came to Pax Christi, I realized I would also miss the Diocesan Disability Mass. I am sorry to be away for such important events and promise to do better scheduling in the future.

However, in general, it's good to get away. I am one who prefers a two or three week vacation. I know some people prefer to take a few days here and there throughout the year. (And some seem to take no vacation at all!) But for me, an extended vacation of two or three weeks seems to work best. I like to travel and it takes time to appreciate a city or a region. Even just going to a beach, it takes two or three days just to unwind before being able to really relax and enjoy. (Technically, priests can take up to four weeks of vacation, which I think is pretty generous.)

Taking time off is important for our spiritual life and emotional wellbeing. Have some quiet time during the day. Plan a quiet day once in a while. Don't say you're too busy!! We choose what we do. We can choose to make a little quiet time a priority! Often, you will find that others will understand when you tell them what we are trying to accomplish. Even your kids might give a little if you ask.

So, you see, by taking my vacation, I am just trying to set a good example for all of you!

***Fr. Pat***