

### THE SHEPHERDS WALKING STICK

There is nothing much to write about this week. But, I am imagining that some of you must be wondering what a priest does all day. So, I think I'll just describe to you what my typical weekday looks like. My typical weekday usually starts at 7 in the morning with a morning prayer and a short workout which consists simply of some body stretches and a dozen burpees. After having done all personal necessities at the bath/washroom, I'll make myself a quick breakfast. At 9 in the morning, I'll put on my clerics to begin my so-called duty



hours. Of course, priests are on call 24/7! However, since the parish is paying me a salary, the sense of justice compels me to maintain a sort of daily duty hours in the parish office. What do I do during my duty hours? Well, I wait and make myself available for sick calls and for anyone who might drop in for Confession and Spiritual Direction. In the meantime, I use these period to offer the Liturgy of the Hours, do Adoration for prayer requests, prepare sermons, keeping myself informed with Church events both universal and local, attend to on-going study, attend to the sacramental



books, deal with correspondence, etc. On-going study consists mainly of updating myself with readings in canon law, theology and spirituality and excludes reading for leisure. As I am helping out at the marriage tribunal of the archdiocese, I also sometimes use my duty hours to examine marriage nullity cases. I interrupt my duty period with a long lunch break since I am surviving on my own cooking and also to do all sorts of housework. I consider my duty hours ended when I lock the church after the 7 PM Mass. During these summer months, I usually take a walk after my supper. Finally, I cap the day

by calling family and friends back home, doing leisure reading or watching a good movie. I hit the sack at around 11 PM. Indeed, most of the times, I feel the day go by so very fast..... A lot of things have

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been happening from near and far. Most of these are not good – that awful disaster in Beirut, Air India plane crash, US putting tariffs on Canadian aluminum, WE Charity controversy, the surge of covid-19 cases here in Manitoba. May this prayer from St. Teresa of Avila, the great Spanish mystic allay our fears: “Let nothing disturb thee; Let nothing dismay thee; All things pass; God never changes. Patience attains all that it strives for. He who has God lacks nothing. God alone suffices. Amen.”