

## Coming Up

### Celebrate Love Seminars

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

#### 2007

Masaka, Uganda Nov 24 & 25

#### 2008

Sydney, NSW Mar 8 & 9  
London, GB Mar 8 & 9  
Brisbane, QLD Mar 8 & 9  
Christchurch, NZ Mar TBD  
Perth, WA Mar TBD  
Wodonga, NSW Mar TBD  
Warnervale, NSW Apr 5 & 6  
Melbourne, VIC Apr/May TBD  
Kent, GB Jun 7 & 8  
Sydney, NSW Aug TBD  
Brisbane, QLD Sep TBD  
Birmingham, GB 1 & 2 Nov  
Sydney, NSW Nov TBD

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Embrace

Preparing to Live in Love

**A six session programme for engaged couples preparing to marry in the Catholic Church.**

**Available Now!**  
**in Brisbane, Sydney,**  
**Central Coast,**  
**Newcastle, Perth,**  
**London**

[www.Embrace.org.au](http://www.Embrace.org.au)

### Smart Loving Evening Talks 2007

Dates & Venues to be determined

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Living Well Media Resources for Catholic Families

A selection of CDs & DVDs are available including Christopher West and Byron & Francine Pirola

[www.LivingWellMedia.com.au](http://www.LivingWellMedia.com.au)

## Smart Loving

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[info@CelebrateLove.com.au](mailto:info@CelebrateLove.com.au)

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## Addicted to Busy

"I'm a very busy person. Don't waste my time!" How often have we heard that line!

Busyness in our culture has become endemic. We don't know anybody who isn't busy. Even retirees are busy. Our kids are busier than we ever were, running from this activity, to that ball game, to those training sessions. And their parents are even busier running their children to their many recreational pursuits.

We're so busy as a culture, we often don't have the time to eat properly or even get a hair cut, let alone stop long enough to notice the people in our lives. Really notice. Not just acknowledge that their body happens to be in front of us. But to connect with their inner person in the present moment.

Busyness has become a status symbol.

Busyness implies importance. It reassures us that our time and presence is valuable. We feel good about ourselves when we're busy; it stimulates our adrenaline, promotes productivity, and encourages a sense of purpose. In a way, we're addicted to busy. Some of us have become so used to being busy, we don't know how to motivate ourselves when there isn't the time pressure bearing down on us.

Of course the unspoken implication in this mindset is that those who are not busy, must be losers.

In truth, it's we busy ones who are the losers. We lose out on the beautiful things of life. We lose out on appreciating the myriad of daily blessings in our lives. And we lose out on our relationships. Relationships take time. Leisurely, wasteful time. This is never more true than in marriage.

Being busy is not the same as living to the full. The best way to live our marriage to its fullest, is fill it to the brim with dedicated relationship time.

Honey, I need to talk to you about something really important.

Sure honey, I'm listening...

