

Keeping It Simple for Spring

By: Fr. O'Dell

Four or five times a week, I go to a meeting that has a sign plastered to the wall. It just says **K.I.S.S.** The first time I saw it I wondered what in the heck that could possibly mean. I asked someone who had been around for a long time. They told me that it meant **Keep It Simple Stupid**. As soon as they told me what it stood for it made perfect sense.

You know, there are so many times in my life that I want to over complicate something that should be very simple. For example, sometimes when I intend to just change the oil in my car, I end up getting off track and start overhauling the whole engine. Another example, I may have hurt somebody's feelings and in my heart, I know that I need to go and apologize for what I've done. Before you know it however, I am thinking of a hundred reasons why it just wouldn't work out to go and seek them out. It is so easy for me to forget to **Keep It Simple Stupid**.

Well, I think Christ invites us to keep things simple as well. He tells us that there are really three things that are important in our faith - to love God above all else, to love our neighbor, and to respect and love ourselves because we are His creation. Can't get any more simple than that can it? Isn't it amazing how much we can complicate something as clear and straight forward as this simple statement from Christ.

What about Christ telling us "judge not lest you be judged," or "forgive others as your Heavenly Father has forgiven you," or "if someone strikes you on the cheek - offer them the other cheek." Christ has an amazing way of simplifying the most difficult things in life and we have an equally amazing way of turning them into something horribly complicated again. It seems to be part of our human nature.

So what can Simplicity do for us in our life. Keeping it simple is a great way of staying in touch with God. Break down the word itself and you might get some practical examples of what keeping things simple can do for you.

"S" - is for serenity. Nothing threatens your sense of serenity in life more than complications. By keeping something simple, you are reducing the stress that complication can cause to run rampant in your life.

"I" is for important. Prioritize things in your life and put the most important things first. Whenever you approach any task or chore - get to the most important component and address it first.

"M" is for many thanks. Gratitude is a way to simplicity. To realize that everything is a gift from God keeps us firmly plugged into the Source of all that we have. Being grateful to others keeps us humble and open minded. Simple, simple, simple!

"P" is for people. Keeping people as our first priority helps us stay centered and grounded. When we are centered and grounded, our life has a tendency to become very simple. Put people before tasks and before material things.

"L" is for laughter. Nothing has a way of taking the tension and the complication out of life as much as being able to laugh at ourselves and the incredible situations that we often find ourselves in. Keeping a sense of humor just plain makes good, simple sense.

"E" is for eternal. The most important thing in our lives is our relationship with God. If that is in order, everything else stays in order. When that is in order, we are actively seeking God's eternal life in Heaven as the end of all things. I guess it doesn't get any more simple than that!

This May - strive for simplicity and strive to avoid the temptation to clutter the most simple of things with the mess that complication often brings with it.