



May 15, 2020

On the MSN/News website there is on the bottom right hand side of the screen, a *Coronavirus self-checker*. It is provided by the CDC (Centers for Disease Control and Prevention).

Yesterday morning, because I was curious, not ill, I spent about two minutes doing a “self-check.” As expected, I was designated to be without a need for a formal COVID-19 test.

“Self-checking” your well-being is an important personal practice, whether there is a pandemic or not in society. Why? The primary reason is due to the fact we are good, responsible and caring people, it is easy to get so involved in taking care of others, we can become forgetful of the need for self-evaluation pertaining to such concerns as maintaining physical, mental, psychological and spiritual health.

So, consider yourself, for a few minutes.

Are you okay, right now?

What is it do you think you need, if you are not okay?

Has the time arrived for you to obtain what you believe you need?

Remember, only once do we get a free ride on this spinning planet. It is a singular ticket, given to us on the day of our birth. Self-checking enables you to be sure the ticket to ride will be for the entire duration it is given to you. It would be a shame if the ride ended too soon because you are not taking care of yourself. We all would be saddened, if that happened.

God bless you.

Peace,
Fr. Marc