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You're Too Busy. You Need a 'Shultz Hour.'

by David Leonhardt from the *New York Times* April 18, 2017

I came across the following article from the *New York Times* and it reminded me of our parish's weekly Holy Hour – an hour of silence in front of the Blessed Sacrament exposed in the monstrance. While George Shultz had his 'hour' once a week – a great idea for anyone; clergy, businessman, busy man or any man or woman or child. I think if we watched a video review of a single days events in our life we would realize just how busy and do-oriented we are one way or another. While Shultz offers an hour for review how much more would we get out of an hour before the Lord?



When George Shultz was secretary of state in the 1980s, he liked to carve out one hour each week for quiet reflection. He sat down in his office with a pad of paper and pen, closed the door and told his secretary to interrupt him only if one of two people called: "My wife or the president," Shultz recalled.

Shultz, who's now 96, told me that his hour of solitude was the only way he could find time to think about the strategic aspects of his job. Otherwise, he would be constantly pulled into moment-to-moment tactical issues, never able to focus on larger questions of the national interest. And the only way to do great work, in any field, is to find time to consider the larger questions.

The psychologist Amos Tversky had his own version of this point. "The secret to doing good research is always to be a little underemployed," Tversky said (as Michael Lewis describes in his latest book). "You waste years by not being able to waste hours."

Likewise, Richard Thaler, the great behavioral economist and a Tversky protégé, self-deprecatingly describes himself as lazy. But Thaler is not lazy, no matter how much he may insist otherwise. He is instead wise enough to know that constant activity isn't an enjoyable or productive way to live.

These days, however, it is a very tempting way to live. It can be hard to live any other way, in fact. We carry supercomputers in our pockets and place them next to us as we sleep. They're always there, with a new status update to be read, a new photograph to be taken, a new sports score or Trump outrage to be checked.

Just one hour a week?! It should be one hour a day, towards or in the evening, on a walk in nature, when you can reflect on your day and on...

Even before smartphones, this country's professional culture had come to venerate freneticism. How often do you hear somebody humble-brag about how busy they are? The saddest version, and I've heard it more than once, is the story of people who send work emails on their wedding day

or from the hospital room where their child is born — and are proud of it.

Our society, or at least the white-collar portions of it, needs some more of Thaler's laziness and Shultz's reflection time. They are the route to meaningful ideas in any almost any realm: personal relationships, academic papers, policy solutions, diplomatic strategies, new businesses. I find it striking that new-business formation has declined over the last 15 years, despite (or perhaps partly because of) the digital revolution.

My goal with this column is to persuade you to add a Shultz Hour, or something like it, to your week. I've just begun to do so. I have committed to carving out an hour each week with no meetings, no phone calls, no email, no Twitter, no Facebook, no mobile alerts and no podcasts. Sometimes, I plan to spend the hour sitting down, as Shultz did, and other times taking a stroll. I keep a pen and paper with me and have set my phone to ring only if my wife calls. (My boss can't start a war, so I'm willing to ignore him for an hour.)

The fact it felt hard to commit to a full hour was a sign of my need to do so. Like many people, I'm overly connected. I have confused the availability of new information with the importance of it. If you spend all your time collecting new information, you won't leave enough time to make sense of it.

The science of the mind is clear about this point. Our brains can be in either "task-positive" or "task-negative" mode, but not both at once. Our brain benefits from spending time in each state.

Task-positive mode allows us to accomplish something in the moment. Task-negative mode is more colloquially known as daydreaming, and, as Daniel J. Levitin of McGill University has written, it "is responsible for our moments of greatest creativity and insight, when we're able to solve problems that previously seemed unsolvable."

Whether you decide a Shultz Hour makes sense for you, I'd encourage you not to fool yourself into thinking that you can easily change your habits in little ways here and there. The ubiquity of smartphones, together with our culture of celebrating busyness, makes ad hoc approaches difficult. You are much more likely to carve out time for strategic thinking by making concrete changes to your habits.

Wake up to an alarm clock rather than a phone, to collect your thoughts at the start of each day. While you're driving, put your phone out of reach, mostly for safety, but also to let your mind wander at red lights.

Around the house, hide your phone — in a backpack, a drawer or another room — for set periods of time, as Sherry Turkle of M.I.T. recommends. Or carve out a few hours each week when no one in your house can check a phone. The filmmaker Tiffany Shlain and her family do so for an entire day — a "technology shabbat."

If you remember my recent column on sugar, this advice may sound familiar. Like sugar, technology makes life more enjoyable. But it's better in moderation, and modern life pushes us toward excess.

Mass Intentions for the Week

| | | |
|-------------|------------|------------------------------|
| Tue, May 2 | 8:30 a.m. | Int of Sawyer Way |
| Wed, May 3 | 7:00 p.m. | Int of Amelia Floris Parrera |
| Thur, May 4 | 8:30 a.m. | Victor Athaide + |
| | 7:30 p.m. | Healing Mass |
| Fri, May 5 | 8:30 a.m. | John Forget + |
| Sat, May 6 | 5:00 p.m. | Int of the Nowak Family |
| Sun, May 7 | 9:00 a.m. | Int of Father Charles |
| | 11:00 a.m. | Valerie Hotner + |

FATHER CHARLES' ORDINATION ANNIVERSARY

Please join us for coffee & cake to celebrate Father Charles' 24th Ordination Anniversary on May 7 after 11 a.m. Mass in the Parish Hall.

SHARELIFE BREAKFAST – MAY 7

St. Leo Knights of Columbus Breakfast following the 9:00 and 11:00 A.M. Masses on May 7. Everyone is welcome to enjoy a full breakfast of eggs, sausages, baked beans, pancakes, biscuits, coffee, tea and juice in the Church hall. Adults - \$5.00, Children ages 4-12 - \$3.00 and Children under 4 - free. All proceeds will go to ShareLife.

SHARELIFE CAMPAIGN

Living the Gospel by helping families in crisis ...

Having experienced childhood sexual abuse, Tom originally sought counseling treatment for resulting depression at a local clinic. Since Tom had experienced the death of his wife, his increased drinking, drug addiction, suicidal thoughts, depression and financial loss had placed an immense strain on his relationship with his mother and two sons. Through the 12 step program and other counseling at Catholic Family Services of Simcoe County, Tom has experienced a tremendous peace and healing in his family relationships. "Giving hope and saving lives is what this is all about," shares Tom, "I am very grateful to ShareLife for the funding they provide to Catholic Family Services of Simcoe." Over 21,000 individuals received help in getting their lives back on track through ShareLife-supported Family Services Programs.

Our goal is \$38,400.00 and we have raised \$14,430.00 so far.

**Next Sunday, May 7, 2017 is ShareLife Sunday
Please give generously.**

MOTHER'S DAY BASKET

Mother's Day Basket Raffle tickets can be purchased after all the Masses.

PUBLIC ROSARY RALLY

In celebration of the 100th Anniversary of Our Lady appearing to the 3 children at Fatima. Bring your Rosary, children & grandchildren.

Day: Saturday, May 13, 2017

Time: Praying the Rosary – 2:00 p.m. – 3:00 p.m.

Divine Mercy Chaplet – 3:00 p.m. – 3:15 p.m.

Location: Thickson & Dundas (Sobeys Plaza)

CATHOLIC EDUCATION WEEK

This year's Catholic Education Week theme is, "Walking Forward Together". We invite all parishioners to join in celebrating Catholic Education Week, which runs from April 30th to May 5th.

Publicly-funded Catholic education has existed in Ontario since 1841 and its graduates have served Ontario and Canada very well. The current generation of students in our publicly-funded Catholic schools will serve with the same spirit and generosity as their previous generations.

THE NEW EVANGELIZATION SUMMIT

Holy Family Parish is the site of the New Evangelization Summit The Annual New Evangelization Summit will be held in Ottawa and streamed live to Holy Family parish on May 12 & 13. Tickets are available from Holy Family parish for \$35, includes lunch. This two-day conference will inspire people and help them in their faith. For more information please go to <https://www.newevangelization.ca>

ARCHDIOCESEAN DAY OF PRAYER – MAY 12

On this day, Cardinal Collins has asked that we all take the time, as a community, to pray for all vocations; priesthood, religious and consecrated life. During this time, we also ask that you pray for our five soon-to-be priests along with all those who are discerning or who are currently in formation. For more information, please contact your parish office, call the Office of Vocations at 416-968-0997 or email vocations@archtoronto.org

The Archdiocese of Toronto welcomes and congratulates five newly ordained priests: Fr. Jeremias Inoc, Fr. Favin Alemao, Fr. Antonello Murgia, Fr. Ryan Alemao and Fr. Matthew McCarthy Please keep these priests in your prayers www.vocationstoronto.ca

VOCATION SEEDS


Do you recognize Christ in your life? Does your heart burn in his presence? How are you being called - as a priest, deacon, brother or sister? If God is calling you, contact Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto at 416-968-0997. email vocations@archtoronto.org www.vocationstoronto.ca




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