

How time is used matters more than how much is available

Time is an interesting phenomenon. If we are bored it goes slowly. If we are interested and busy it goes quickly. Yet in both cases, the minutes and hours tick away at exactly the same speed.

We say such things as: "Is it time yet?", and "I'll let you know when it is time!" We want to know "how much time" something will take. We speak of "wasting time" and having "the time of our life." We measure our lives by it. When faced with a terminal diagnosis, we ask the doctor, "How much time do I have?"

Nearly everyone is familiar with the words from Ecclesiastes, "For everything there is a season, and a time for every matter under heaven." It is often thought that this means that things happen, or are supposed to happen at certain times. But this is not what the Hebrew means. It is really just indicating the obvious: the cycles and rhythms of life happen in their own course, and there isn't much we can do about it, except just take things as they happen.

Mother's health important for baby

"Getting Fit for Pregnancy" is the theme of National Birth Defects Prevention Month in January.

The Kansas Department of Health and Environment and the Greater Kansas Chapter March of Dimes have joined with the National Birth Defects Prevention Network to share the message that a mother's health, including her weight before, during and after pregnancy, is an important foundation for having a healthy baby that grows into a healthy child.

Good, health habits for everyone include knowing your family history, regular check-ups with a doctor and maintaining a healthy lifestyle that includes regular physical activity and a healthy diet. For every woman of child-bearing age, these habits should also include taking a multivitamin with 400 mcg of folic acid daily, starting before she gets pregnant, to improve the likelihood of delivering a healthy baby.

Many women realize that being overweight increases their chance for diabetes and other health conditions. However, some may not realize that being obese or even just overweight creates unnecessary risks to your baby's health.

Moms who are obese or overweight have higher risk pregnancies and can experience conditions such as hypertension, gestational diabetes and preeclampsia. These increase the odds of having a premature baby. In addition, studies show that babies of obese mothers are more likely to be born with birth defects like spina bifida.

Nationally, about 20 percent of women of child-bearing age are obese. This would equate to about 9,600 women in Kansas.

"Improving mothers' health, and ultimately their babies' health, is why we're working to



Carroll Morony

• From the Pulpit

Another reference to time in the New Testament is in Ephesians 5:15-16, "Be very careful then how you live – not as unwise but as wise, making the most of the time (that is, of every opportunity) because the days are evil."

What does the Bible have to say about the concept of time? In the Hebrew of the Old Testament, time is not understood as "duration" or "dimension" (as we think of it), but rather as the moment or point in time when something happens. The Hebrew language is built on root words that are picture words. The root idea for time in the Hebrew is "to continue" doing something. Time, in Hebrew, is measured by events, not the calendar or the sun.

The Greek of the New Testament has three concepts of time. The most familiar is the word "chronos," from which we get our English word "chronology." This, of course, is measured time in an orderly fashion, such as minutes, hours, days, months, years. The second Greek word is also one we know: "eon", which measures a long, distant period of uninterrupted time. The life of the universe or geologic time on earth is measured in "eons." Both "chronos" and "eon" are concepts we find quite commonly outside of the Bible.

But the third word used for time in the New Testament is one you will not commonly find elsewhere. It is "kairos". This is a special term that describes a favorable or decisive point in time, such as "the right time." It is not bound by the clock or the calendar. It depends on the circumstances being "just right, or appropriate. And so the

Apostle Paul tells us in Galatians 6:4 that "at just the right time (kairos) God sent His Son." "Kairos" is pregnant time, time that is full of God-given possibilities.

The following scenario illustrates the difference between "chronos," "eon" and "kairos." Your 16 year old, by age (chronos) is allowed to get his driver's license. But you say, "Pigs will fly before I let you get your license!" That would indicate "eon," at least figuratively, – who knows how long? Or you say, "You will get your license when I think you are ready." That is "kairos" time.

And so we come to the point of how the Bible expects us to use our time. At the beginning of a new (chronos) year, it is appropriate to give this some thought. I could spend space here talking about time management or using it to help others. We all know we don't use time as well or as honorably as we should.

The point is not how much time I have, or what time it is in my life, but what I am doing with the time I have? What values and priorities am I using when I make decisions about using the time I have?

When put this way, it brings all

sorts of factors in our life into focus. Many years ago my wife and I knew a fine Christian young man in his 20s who was dying of cancer. Just before he died, he said he had no regrets. He said he believed he had "accomplished what God had wanted him to." How many of us, at two, three, four times his age, can say that!

God wants us to live in kairos time. This young man had learned the secret of doing just that.

I offer a prayer for your personal use as you journey into 2009:

God, I thank you for the gift of time – 24 hours in every day, and 365 days in every year. Yet, in spite of this, I feel that I have lost time during this past year.

Forgive me for wasting my time in things of insignificant value and not making time to do those things of great importance.

Forgive me for the seconds

wherein I have yielded to temptation, when I should have been steadfast in faith.

Forgive me for the minutes spent in idle talk on small things, while the proclamation of your love waited.

Forgive me for the hours of time spent in activities while I failed to take time to pray.

Forgive me for the days I have spent in sin and evil when I should have used them to witness for you.

Forgive me for the years that I have failed to receive the most from life because I have followed my heart rather than your will.

God, help me to profit from my wrong choices and actions during the past year. As you offer your forgiveness, will you also guide and inspire me to use my time more wisely in this New Year.

Amen.



January 24, 2009

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Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

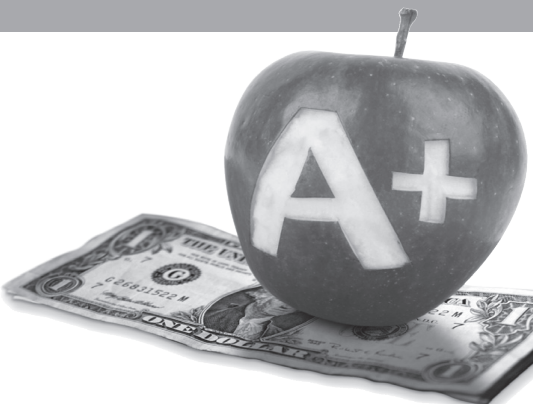

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11	12 Cardiac Rehab	13	14 Dr. Frankum Surgery Diabetic Clinic Cardiac Rehab Echocardiograms Ultrasounds Brandie Ihrig, Dietician	15 Dr. Saba Orthopedics MRI Mobile Unit Vasc Ultrasounds	16 Cardiac Rehab Echocardiograms Ultrasounds	17
18	19 Cardiac Rehab Bone Density	20	21 Dr. Curtis Cardiology Echocardiograms Ultrasounds Cardiac Rehab Diabetic Clinic	22 MRI Mobile Unit Vasc Ultrasounds	23 Cardiac Rehab Echocardiograms Ultrasounds	24
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