SPIRITAL CARE ARTICLE — OCTOBER 30, 2025

## One More Hour — What Will You Do With It?

Daylight saving time ends this Sunday. We will move our clocks back by one hour this Sunday, November 2nd, at 2:00 a.m. It may feel like you get one hour more to sleep!

Several years ago, I fell upon a hunting show called Just Kill'n Time. It is a show about hunters waiting for that right animal to come along! As I thought about that, I wondered, how many people in our world are "just kill'n time?" Just marking time...just walking in place?

Perhaps the most sought-after but intangible possession we are given is TIME! Some of you may remember the 1996 movie Multiplicity with Michael Keaton and Andie McDowell. Doug is a busy construction worker struggling to make time for his family and his demanding job. When a scientist offers to clone him, Doug accepts and emerges as a more macho version of himself. He decides to create a second clone, but this sparks a series of duplications when his second clone begins to feel overwhelmed. Doug attempts to manage his many clones while trying to keep his wife in the dark.

All Doug wanted was some time for himself. While pop culture proclaims that people can juggle multiple roles if they just manage them well enough, it takes more than computers and cellular phones to pull it off in real life. So, how are you doing managing time? How are you spending your time? Think about it for a moment. How do you use that precious gift of time?

We read in the New Testament letter of Ephesians, "Look carefully then how you walk, not as unwise but as wise, making the best use of the time..." (Ephesians 5:15-16a). "Making the best use of the time" goes far beyond being efficient. It involves an attitude that makes the best use of every opportunity. So, may we take advantage of the time we are given wisely!

With blessings and peace, Chaplain Glen

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