



OUR LADY of  
GOOD COUNSEL  
CATHOLIC CHURCH

## Fr. Matt's Musings

### August 24, 2019

*Moderation in all things but the love of God (de Sales)*

In this musing, I am going to show my age. Growing up in the 60's, I remember certain things: rabbit ear television reception and a very limited number of channels, coffee served in cups and saucers, a 99 cent special at McDonald's that included two hamburgers, French fries that were served in a small, white paper container and a small coke, evening news that lasted for a half-hour, and we watched Walter Cronkite. There was no bottled water; sodas were served in six-ounce bottles or twelve-ounce cans. There was one phone in the living room, and it had a rotary dial, and there was no such thing as voicemail or an answering machine.

Now, we have super-sized fast food, Big Gulp sodas, coffee that is served in tall, grande or venti containers. Maggianos serves huge portions but also gives you a pasta serving to take home. Cable has far more channels than one can surf in a half-hour time slot. There is twenty-four-hour news that is characterized by yelling and disparaging remarks about anyone who disagrees. In ordering a drink, the server will ask if you want a sixteen or twenty-two-ounce beer, or a six or nine-ounce glass of wine. Between texts, emails, voicemail, and social media, the expectation is that we are to be in constant communication with one another.

The above-stated quote from St. Francis de Sales is a reminder that moderation is a very good virtue. Outside of our love of God and neighbor, moderation in our diet, our use of technology and social media, our public and private discourse and in all that we do and say on a daily basis is a healthy and holy endeavor. Many walk the streets, drive their cars and eat their meals with their faces and attention glued to their phones. In my family, dinner was not a magical time, but it was required family time:

assigned seats, a shared meal together and everyone participated.

I share moderation as a goal for all of us to try to lessen the frantic pace that so many live life on a daily basis. How many activities are enough and how valued is time together simply to be a family? I cannot answer that question for anyone else, but I do think it is a good question for families to discuss on an ongoing basis.

Francis also says that we should also have moderation in moderation and since it is the weekend, how about an extra glass of wine (but only a six-ounce) or maybe one more game on the phone (but only one). Have a good weekend and let us try to practice moderation to simplify our lives.

Live Jesus!

*Fr. Matt*

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