

# Taking Time

By Helen Vogt Greene

April, Easter, Passover and discovering Mother Nature are each times and opportunities for new beginnings. Times to make positive things happen.

Do you have an ‘alone time’? Time alone is one of the most difficult things to find. There are so many stumbling blocks or reasons to find those precious moments. Alone time is never a waste of effort or time.

Those magic times alone are an invitation to do nothing or something just for yourself. Do you take the time? Where do you spend your time alone? How do you ‘shut out’ or ‘turn-off’ the noises of society and the voices of confusion and negativity?

Henry Wadsworth Longfellow called his time alone “the holiest of all holidays.” Each time alone “is a secret anniversary of the heart.”

Our time alone can be a transforming experience. Only when we capture the

silence within can we listen to ourselves.

Today, as never before, we need to find a way of turning off the world’s chaos of the everyday problems of living. When we find these times - to and for ourselves - we will find a deeper meaning. It will light the path to our creative spirit.

When we find the golden moments of solitude within ourselves, it will hold open the door to our inner self. This is the home of new beginnings. In these special times we can whisper life’s truths and find their meanings.

There are no obligations and no price to pay. We are not being selfish to want to create a better you. This is that secret place where our deepest love is ‘watered’ by the God-given positive, transforming energies.

One of the benefits of growing older, and there are not many, you have more time and ability, if you wish, to find and explore your



alone times.

Alone time is a time of renewal of the body and spirit. It is not a time to beat yourself up. The outside world does that ever so well.

There are many that need help finding their alone time. Don’t be afraid to ask.

Some feel that the practice of meditation (indi-

vidual or group) is helpful. These methods sometimes are the first key to finding help opening the alone time door.

Once at the door, it takes time and a quiet courage to regularly step through that door and meet yourself. Try it! There is someone special waiting.

# Solidarity In



Lake Worth Beach Mayor Betty Resch speaks to audience at rally.



Citizens hold signs showing solidarity with Asians in America, in the wake of violence against Asians in Atlanta and Denver.





## DRIVE-THRU FOOD DISTRIBUTION

**Saturday, April 10, 2021**  
**8:00 a.m. - 10:00 a.m.**

Greenacres Community Center  
501 Swain Boulevard  
Greenacres, FL 33463

**FOOD IS DISTRIBUTED FIRST COME, FIRST SERVED WHILE SUPPLIES LAST.**

To ensure the health safety of volunteers and community members, we must adhere to the COVID-19 CDC guidelines. Please remain in your car and open the trunk when it's your turn in line.

If you're unable to get food, please visit [feedingsouthflorida.org/-/covid19](https://www.feedingsouthflorida.org/-/covid19) and use the agency locator to find a food pantry in your zip code. Please rest assured there are other food distribution sites in your community.

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