

Maintaining Your Sanity
While Balancing Family, Ministry, Work, and Life
Wisdom from professional family ministers; gathered by Susan Vogt

MOST CLASSIC:

1. Don't do for others what they can better do for themselves.
2. Don't let the best be the enemy of the good.
3. Remember that those who didn't stop to help the man in distress on the highway were those rushing to church and focusing on keeping themselves pure for the sacrifice... So, don't have too many pious scruples!

Elizabeth Davies, Birmingham, England

MADE ME LAUGH

Find something to laugh at every day. Thankfully, God has blessed me with a husband who tends to do silly things on a daily basis, like puts a glass that he'd been using in the spice cupboard or cheese in the pantry and crackers in the refrigerator

Teri Burns, Grandville, MI

MOST PRACTICAL

For many years I missed my children's games, awards, special events because I was working. Well now they are all grown and to see them I have to fly because they are all out of state. Now,

- I take my days off,
- Use up ALL of my vacation time
- Stay home when I am sick
- Schedule meetings to a time I am already going to be at church

Now I can spend more time with my husband and have more prayer time as well! Your ministry will always be there, but your family and friends will not!

Mary Mahar

Listen to your spouse when he/she says things like, "Do you have to work on ministry stuff when you're home? You've already put in more hours at work than you're supposed to this week."

Say, "You're right. Thank you." And then spend time with her/him.

Diana Joice, Lexington, KY

BEST QUESTIONS

- Whose priority is this?"
- What's the worst that could happen if I postpone this?"

Mary Ann Paulukonis, Scranton, PA

MOST THOUGHT PROVOKING

My first response is why be balanced? The best way to serve the Gospel is to be a little off tilt - most of the saints were!

My favorite strategy was to learn to **juggle!** For years I kept three juggling balls in my desk drawer at work for break time. It got to practice which meant leaving behind other agendas, because one cannot juggle well when distracted. I advise starting with socks before moving to dinner dishes and knives.

Tom Rinkoski, FL

MOST INSIGHTFUL

I liken it to the statement the flight attendants make in the in-flight safety instructions: "Put your own oxygen mask on FIRST or you won't be able to help anyone else." Self care is NOT *selfish*.

Lisa Jachimiec, Milwaukee, WI