

Personal Reflection – April 28, 2023

Time Today

This is an unusual phase of my long life: unique in that *I have time*. So often, before, I could honestly say: *I have no time for you, for reading, for sleeping, for walking, for musing, for writing...*

Now I have all the time in the world. I have leisure. I have peace when I give myself the time I have. This writing is not work: it is palpable joy.

I am grateful to you who read it, adding to my felt joy. My work, as I understand it, is praise and thanks! I have time for that!

What is *time*? We **keep** time, we **measure** it, we **have** it and **lose** it, we **give** it, we **waste** it, we **take** it and **make** it, we **spend** it and we **save** it...

But, what is it? My physics teacher explained *time* once and I had to confess I did not comprehend what she said.

So, here I am, **with** time and loving it.

Today, there is time.

--Jane Vella