

Extracted from St John Vianney June 03, 2012 Bulletin

Aging by Carl Beyer

I know just the mention of aging and I sent a bunch of you “older folks” running to hide. There are so many commercials selling products to hide the effects of aging and to make you feel young again. Baloney. God makes us age for a reason. Could not have God just have easily put a self-destruct program that would keep us young till a certain age and then call us home? Can you image the mess if everyone stayed 20 health wise? We would have many people doing foolish things. We age for reason. Not all reasons I myself am practically fond of but God has a plan.

At the ripe old age of 51 I might be too young to adequately address aging but I will anyway. Let me start with testosterone. It drives men to do many manly activities. While this is good for a young man so he pursues that girl to marry and to procreate for God glory but the reduction of testosterone is also a blessing. The other day I saw a young woman out with her baby and I only had eyes for Yup the baby. While I am sure the woman was attractive the real beauty is the baby entering life and all the wonders it will experience. Age with it grace allowed me to see the real beauty. Real beauty is much more than skin deep as they say.

Then I think back of all the rushing I have done in my youth. Always hurrying to make the \$ to support the family. Boundless energy but not always focus energy. Now I know my energy limits so I stop and plan better. No longer can I do the 4 or 5 hours of sleep like I did for years. Now with age I know I have to have the night wrapped up early enough so I can get my solid 7 hours. Sometimes even 8 hours.

Even the dreaded slow metabolism which has a double cheeseburger meaning a pound of fat instead of the added energy of youth has its blessings. Meals these days are more about flavor than quantity. No longer do I need to eat as fast and as much as I can to maintain the fast pace of youth. Though God if I may ask could not that double cheeseburger only add ½ pound instead of a whole pound? Yes, the blessing of food is enjoyed with the richness of flavor as a true gift from God. Now I am hungry again.

Aging, of course, bring the truth of our finite earthly life to a very apparent truth. This allow us to take the time to enjoy our activities more. We appreciate the simpler enjoyments of life. Such as making it out of bed, just kidding. But seriously the family gathering are not just something to do on a Sunday instead it is a great pleasure to see the kids and grandkid. To look at the young people and to wonder what life has in store for them. Which by no means do I not still wonder what God has planned for me. Hopefully to watch nature in amazement of God’s beautiful creations. Just to take the time to be a little more of a watcher instead of a doer. To observer and ponder.

So stop looking in the mirror and wanting to curse God for the aged figure looking back at you. I look in the mirror and think of the commercials that sell you “a touch of gray” and think God has already done that for me for free. Though I am sure complete grayness is on its way. Enjoy the benefits of aging. Stop and thank God for the gift.

Go forth and age. Go forth and enjoy every aging moment. God Bless you all.