

Get Rid of Your Addictions

We all have them and probably more than we're willing to admit to. Work on getting rid of them now. Soon you won't be able to afford them anyway. More importantly, they are bad habits that come between you and God.

The people who will be best prepared are those who have no deep seated psychological attachments to extraneous goods, services and activities. If you remove your attachment to absolutely *needing* a new pair of \$700 Manolo Blahniks, you will not be devastated when you can't have them. Somehow doubt that any of my readers actually own any, much less know what they are, but it is amazing to me at how materialistic even the most traditional Catholics -- and clergy -- can be.

On a day to day level, look at your habits, your addictions:

Cigarettes

What about wine, beer, spirits?

Coffee, Tea, Soda. Give them up now. Drink water. Goodbye Starbucks. Hello canteen.

Designer water. Drink tap water. Get a filter and reuse bottles.

Recreational drugs or misused prescription drugs. We hope you don't use them, but many have secret addictions or can't sleep without the help of a pill. Break the habit now no matter how hard it is. You can do it with God's assistance.

Food. We are the most obese nation on earth. Sugar. Fat. Salt. MSG. It's a nightmare. Get rid of your carb addiction. Stop eating as much meat. You know what you have to do.

Television, movies, computer time, video games, text messages. Stop. You are being robbed of living a real life. You have substituted electronic relationships for living ones – especially with the Living God.

If we are to consider the message of Our Lady as she allegedly appears to seers in Croatia, she has been calling for fasting on bread and water on Wednesdays and Fridays. Could she be preparing us?

Sit down and think about everything you are addicted to and think about how much money it costs and how much time it takes - time away from doing what really counts. Then liberate yourself.