



Last Thursday evening I arrived in the Smoky Mountains National Park to begin my vacation. The sun was beginning its leisurely plunge behind the mountain peaks and the shadows are set in motion. Eager to get into the woods and experience this great park I turn up a familiar street I have not seen for a couple of years. My destination and the home of this photo is the Roaring Fork Motor Nature Trail.

"The Roaring Fork Motor Nature Trail is an intimate 11 mile journey through the Smoky Mountain's lush mountain wilderness. In places it reveals some of nature's secrets, while in others it weaves the story of the people who once lived here. Water is a constant companion on this journey. Cascades, rapids, and falls adorn the roadside. The sound of rushing water is never far away. The air feels damp and tropical throughout the summer months, yet the icy water rarely reaches 60° F".

To give the water in this photo its milky appearance all you have to do is add a little time. I used an 8 second shutter speed, which means the water continued to rush on for eight seconds while I waited for the photo to complete. The beauty and secret of this photo is found in slowing things down. Much of life is just like that; often we miss out on the amazing things all around us simply because we are too busy to notice. Plenty of people miss their share of happiness, not because they never found it, but because they are moving too fast or didn't stop to enjoy it.

If you are losing your ability to slow down and really enjoy life, look out! You may be losing your soul. Let us remember that the race is not always to the swift and that there is more to life than constantly increasing its speed. . . . Slow me down, Lord, and teach me to send my

roots deep into the soil of the things that truly matter in this life. Help me to avoid the barrenness of a busy life.

Something to think about:

- For fast-acting relief, try slowing down.
- “Holy leisure” refers to a sense of balance in the life, an ability to be at peace through the activities of the day, an ability to rest and take time to enjoy beauty, an ability to pace ourselves.
- Prescription for a happier and healthier life: resolve to slow your pace; learn to say no gracefully; resist the temptation to chase after more pleasures, hobbies, and more social entanglements; then “hold the line” with the tenacity of a tackle for a professional football team.
- We move through life in such a distracted way that we do not even take the time and rest to wonder if any of the things we think, say, or do are *worth* thinking, saying, or doing.
- Slow me down, Lord; I am going too fast.
 - I can’t see my brother when he’s walking past.
 - I miss a lot of good things day by day;
 - I don’t know a blessing when it comes my way.
- Hurry is not of the devil; it is the devil.
- Be not afraid of growing slowly; be afraid only of standing still.

Enjoying Life in the Slow Lane
Rickey Moore