

Filling Up Your Life

We can live a long time without thinking about such things as *meaning* and *purpose* in life. But as each birthday passes, it becomes clearer and clearer to me that happy and healthy living requires that we visit these words from time to time.

It is said that Ralph Barton, a cartoonist of a former generation, left this note pinned to his pillow before taking his life: “I have had few difficulties, many friends, great successes; I have gone from wife to wife, and from house to house, visited great countries of the world, but I am fed up with inventing devices to fill up 24 hours of the day.”

Steve Goodier, an ordained United Methodist minister, founder and publisher of *Your Life Support System*, a widely read newsletter since 1999, said this about Barton: “Whatever psychological problems may have afflicted him, Ralph Barton suffered from an empty life. He tried to fill it up – with relationships and things and busyness. He was no doubt successful in his work. And probably well-liked. His problem was that he felt his life had no meaning.”

Educator Morrie Schwartz helps us put meaning into our lives. In Mitch Albom’s book *Tuesdays with Morrie*, he chronicles the final months of Morrie’s life as his former teacher slowly dies of Lou Gehrig’s Disease (ALS). Morrie, an irrepressible lover of life, said this: “So many people walk around with a meaningless life. They seem half asleep even when they are busy doing things they think are important.



“This is the product of chasing the wrong things. The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.”

The associates of Life Care and Century Park have discovered and practice this principle for happy living. They spend extra time caring for those around them – in the facility and in the community.

They are lovers of people. And their lives never seem empty.

Beloved, if God so loved us, we also ought to love one another (1 John 4:11 ESV).

– Beecher Hunter