

# Graduates Gain Tips For Using Leisure Time

## Litchfield

LITCHFIELD — Dr. Richard Nolan, associate professor of philosophy and history at Mattatuck Community College, Waterbury, offered Litchfield High School graduating seniors tips for "Preparing for Authentic Unemployment," at commencement ceremonies Sunday.

Dr. Nolan, who also is

vicar of St. Paul's Church, Bantam, said, "You and I, Yankees, have been infected with that perverse Yankee notion that there is something virtuous about keeping busy."

This busyness is adversely affecting the quality of leisure time, which should be spent, instead, in seeking wisdom and self-knowledge, he said.

Defining leisure time, Nolan said, "If you live until age 75, you will probably work 40 years of your life. In terms of hours, you will be working only 12 per cent of your lives, sleeping 33 per cent of your lives, and having 55 per cent of your time as leisure time."

"We must again develop a perspective where we can recognize that our convictions are just that, our convictions, not absolute truths," he said.

Nolan left graduates with the challenge to "create authentic lives."

## INVOCATION

*Creator of the Universe, be with us  
as this graduating class celebrates its transition to new beginnings.*

*During this hour, enable them to focus  
on the hills (not the valleys),  
on the good relationships (not ones that have soured),  
on mutual good-will (not petty jealousies),  
on their individuality (not their conformity), and  
on their joys (not their sorrows).*

*May they acknowledge the benefits gained in this school  
(not just its imperfections).*

*And, may all of us honoring these graduates  
be filled with the same celebrating Spirit,  
united in our respect for  
who they are, and for what they have achieved. Amen.*

## BENEDICTION

*God grant you the courage to be unique;  
may you let go of confining ideas, envision what is truly possible,  
and risk new beginnings.*

*God inspire you to set reasonable goals and limits for yourself;  
may you persist beyond obstacles, but learn to say "no" as well as "yes."*

*God grant you the Spirit to share your life with others;  
may you depend on them and they on you.*

*God empower you to find life's purpose in love with others;  
may you also discover satisfaction in whatever work you may do.*

*God grant you strength to cope with treacheries and tragedies beyond your control;  
may you also admit to your own errors and grow from them.*

*God enable you to laugh and to hope in an imperfect world;  
may you also have the wisdom to be quiet, to think, and to wonder.*

*May God give to those of us over thirty the wisdom to spare you from  
repeated unwanted advice, but instead to share with you the joys and  
burdens now of your own making.*

*And, open our eyes, O Lord, that we may all see the Love and goodness  
available to us this hour<sup>^</sup> in the years to come! Amen.*