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NEWS RELEASE**HOLINESS IN EVERYDAY LIFE NURTURED IF WE
ACHIEVE BALANCE IN OUR LIVES, SAYS UD PRIEST**

DAYTON, Ohio — When most of us think of the word “holy,” we often call to mind such religious icons as Jesus, Mohammed or Buddha. Or maybe a less lofty figure, such as a devout, rosary-clasping grandmother.

Rarely does the word remind us of the person in the mirror, says the Rev. Ken Templin, S.M., a campus minister at the University of Dayton.

“When people think of a holy person, they think of austere ascetics or cross-bearing monks who pray all day and devote their entire lives to God,” Templin says. “We don’t necessarily think of ourselves in that light. But all of us are holy if we accept our faith and are willing to nurture our spirituality.”

For many, however, living in a “culture of constant stress” sabotages their holiness, Templin says. We are pushed and pulled in so many directions that other aspects of our lives crumble and, with them, our sense of “spiritual completeness,” he says.

Templin will discuss the vital relationship between holy living and healthy living in a talk titled “Wholeness and Holiness” from noon to 12:50 p.m. Wednesday, Oct. 27, in the Kennedy Union Room 222 on campus. The talk is free and open to the public.

Templin offers these tips for nourishing the wholeness-holiness link:

- Flip the “off” switch — Find at least a few minutes a day for prayer, meditation or reflection. Turn off the TV, the computer or the radio and “do deep breathing exercises, recall a favorite poem, talk to God, whatever.” Aside from connecting spiritually, people can be energized by this lull in a busy day, he says.
- Reach out and touch someone — Reaffirm your adoration for those closest to you. Leave a love note in your mate’s lunch bag, make a point to say hi to a passing stranger, call parents to let them know you’re thinking of them. “If you’re married, plan regular date nights to keep the passion alive,” Templin says. “To nurture holiness we have to connect with others every day.”

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- Let go — Adhere to the “spirituality of subtraction,” Templin suggests, by letting go of society’s “rat-race obsession” for living beyond one’s means. “Stop collecting things — so much of our culture is based on amassing goods and items, and this isn’t healthy. Learn to let go of this need and focus on more important issues, like collecting special moments with others.”

- Take care of Number One — Exercise regularly, eat right and get proper rest. “If you don’t take care of yourself physically, you’re not going to be able to nurture your holiness. A sound mind and body can help lead to a sound spirit,” says Templin, an avid swimmer and walker.

Templin also recommends helping others as a way of expressing holiness.

“What are you doing to better the world and other people’s lives?” he poses. “Nothing can get you in touch as quickly with your holiness than lifting a hand to someone else.

“To me, true holiness is having a sense of balance in our lives — a wholeness,” Templin says. “We’re called to take care of our physical, emotional, mental and spiritual selves and to use the gifts we’ve been given to make the world a better place. If we are healthy in these other areas, our holiness will radiate in our daily lives.”

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For media interviews, contact Fr. Ken Templin, S.M., at (937) 229-3570.