

# WIN AN AMAZING WEDDING PACKAGE

worth €6,800 with the Wedding Journal Show

The Wedding Journal Show comes to the Citywest Complex, Dublin on Sat 26th & Sun 27th September, 12 noon - 6pm. Highlights include the all-new catwalk, VIP Lounge, Irish Designer Zone and Style Stage. Door price €11 or book discounted and VIP tickets online at [WeddingJournalOnline.com](http://WeddingJournalOnline.com).

THE WEDDING SHOW JOURNAL *live!*  
CITYWEST COMPLEX DUBLIN  
SAT 26TH & SUN 27TH SEPT  
12 noon - 6 pm

## Included in the prize:

Win a 'Catherine Deane Bridal Separates' from Alice May Bridal to the value of €2,500



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Alice May Bridal offer a beautiful range of wedding dresses, separates, and wedding accessories such as bridal jewellery, headpieces, birdcage veils, bridal belts and veils in all lengths and styles. Stockists include Catherine Deane, Watters, Raimon Bundo, Tara Keely, Nicola Anne and Maria Senvo.

Located in Kiltarnan, Alice May's is only a five minute drive from the M50 with free parking for customers. Visit their stand at The Wedding Journal Show to view the collections and make an appointment.



A luxury photography package from Wedding Stories worth €2,300



"Wedding stories..." is documentary wedding photography by Dublin based photographer, David Gilmartin. David captures the events and emotion of your wedding day in a natural and unscripted way. Standard wedding coverage is from preparations on the wedding day right through to the evening celebrations and includes a beautiful album. Coverage is available throughout Ireland. Visit [www.weddingstories.ie](http://www.weddingstories.ie) or drop by David's stand at The Wedding Journal Show to take a look at some real weddings in beautiful albums and to book your wedding story.

Wedding stories ...  
Documentary Wedding Photography

Wedding rings from Rocks Jewellers to the value of €2,000



Rocks Jewellers, specialists in engagement rings, wedding rings and bridal jewellery believe the right piece of jewellery will carry you through your whole life, gathering meaning and memory as you go.

Rocks' collection of unique and beautiful diamond engagement and wedding rings will catch your eye, meet your every desire and fit within your budget.

With a private diamond viewing floor, highly trained diamond specialists and competitive pricing, Rocks provides you with the confidence to select a diamond engagement ring and wedding ring that is perfect for you. Drop into the Grafton Street store anytime or make an appointment!

ROCKS  
JEWELLERS

FOR YOUR CHANCE TO WIN ENTER ON :

EVOKE.ie  
As it happens. We have it.

Terms and conditions apply!

# Dr Mark Dooley



## MORAL MATTERS

# When it comes to healing body and soul, there is no quick fix

**I**T is such a beautiful virtue yet there is so little patience left in modern life. In our culture of immediate gratification, we want everything now or not at all. Why wait when, with the click of a mouse, the whole world can be yours in an instant?

We live life in the fast lane, where nothing less than 'high speed' will suffice. The art of waiting, watching and persevering are for those who can't keep pace. Slow down and you will simply be left behind.

The truth is that, even in our culture of immediacy, everything worthwhile demands patience. Everything that lasts, that is worthy of love and that renders life meaningful is the product of patient endurance. Only life in the slow lane can deliver eternal rewards.

It is no mistake that we use the word 'patient' when referring to someone who is diligent but also to someone undergoing medical care. We do so because neither health nor happiness can be obtained on the cheap. When it comes to healing either body or soul, there is no quick fix.

Can true love really be found in speed dating? Can friendship really be made over fast food? Can we ever find lasting joy without patiently taking the time to put down roots? In our hearts we know that we can't, so why do we refuse to make time for the things that matter?

It takes time and patience to prepare a meal yet it is a priceless benediction that will give you lifelong memories. People cannot gather around a Styrofoam box but nothing draws them together like a home-cooked roast. The hours spent chopping, peeling and patiently poring over the stove, are rewarded with joy, laughter and endless conversation.

It takes time and patience to have a conversation. We 'chat' our way through life but chatter is not conversation. Conversation requires time for it is a complete engagement with another person, one that has the potential to transform both your lives.

When I was young, people used visit our house for no other reason than to have a conversation. They made time simply to be with each other but this was never a waste of time. They sat, poured a tincture and began to talk.

On the surface, nothing seemed to be happening. As the hours passed, however, those people discovered the deep consolation that comes with conversation. It is making time to let go, to look deep into the eyes of another human being and to be touched by what he has to say.

There are no defences in true con-

versation, no barriers that separate heart from heart. You each bare your soul to the point where life is enhanced and meaning renewed. Without patience, we could never know another person in that precious way.

Today, we all talk but few really converse. It seems we have no time for one another, no spare moments to patiently listen to other people's worries, hopes and problems. And when we cease to listen, it is then that others drown in their own despondency.

Where there is no patience, nothing endures. It takes time to plant and sow, to weave and knit, to build and preserve. It takes time to fall in love, to make a home and to journey with someone until the end.

That we don't make time or have the patience for such things means that we now exist in a world where everything is provisional and fleeting. If we can't have something now, it is not worth having. There is always another option, a substitute that will do just as well.

To fly through life in the fast lane, without ever pausing to look around, is no life at all. It is to miss the beauty of the flower, the wonder of the hills and valleys, the soothing sound of the flowing stream. It is to be a stranger in this world because you have never taken the time to make yourself at home in it.

**T**HERE is no stigma attached to living in the slow lane. You may not be the fittest, the fastest or the first in line. You will, however, see and savour much more of this beautiful life.

To those who live slowly and patiently, each act is sacred. Making a pot of tea, preparing food or even cleaning the house, is done with a degree of ceremony and care. That is because each act has the potential to bind us closer to others, to make their lives easier and to serve as a source of lasting love.

Patience produces health because, in doing things slowly and carefully, we tend not to succumb to stress. We see the virtue and value in everything. For when nothing is dismissed as a means to an end, then everything is considered an end in itself.

To let patience guide your path is to behold a blessing in each and every task. It is to see the value in pausing long enough to inhale the fresh air, to look up into the bright blue sky and behold the glory in our world and in each other. It is true that you may not win the race but neither will you die trying.

Rather, when you finally reach the end, you will rest as you have lived - in perfect peace.

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