



In 2012 there were around 20 million yoga practioners in the U.S., according to a survey conducted by Ipsos Public Affairs. By 2016 the number had almost doubled. Mindfulness, at the same time, has become a corporate catchword for many and new form of sanity for others.

If the churches came to understand that the greatest threat to faith today is not hedonism but distraction, perhaps they might begin to appeal to a frazzled digital generation. Christian leaders seem to think that they need more distraction to counter the distraction. Their services have degenerated into emotional spasms, their spaces drowned with light and noise and locked shut throughout the day, when their darkness and silence might actually draw those whose minds and souls have grown web-weary. But the mysticism of the Catholic tradition – of the Rosary, of Benediction, or simple contemplative prayer – is a tradition in search of rediscovery.

~ Andrew Sullivan, "I Used to Be a Human Being," *New York Magazine*, Sept. 18, 2016

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