

August 28, 2023



Center for Spiritual Development

# *Daily Reflections*

Image by Christine Sponchia

## **AN INVITATION**

By Julie Mussché

*“As often as you can, take a trip  
out to the fields to pray.  
All the grasses will join you.  
They will enter your prayers  
and give you strength to sing  
praises to God.”*

**RABBI NACHMAN OF BRESLOV**

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## **Reflection**

Ah, the languid days of late summer. Hot and long, yet the days are shortening and the shadows lengthening, hinting at another season approaching. The other day, the sound of geese calling reverberated overhead. Gardens are starting to wither, end-of-season travel is transpiring, and perhaps we have a longing to spend more time outdoors, or go on retreat looking for refreshment and renewal, before the autumn season -- with its holidays and obligations --

begins.

During this liminal time, where and how is God inviting you to recreate? How are you able to be present to each moment as it comes before you, and in what situations do you find God in all things? There is certainly no “how to” quick and easy method to create contemplative or mindfulness presence. There are simple practices, however, to help tune us up to God’s movement and being. As the quote above implies, even simple grasses will help us pray.

Over the next several days, you are invited to explore some simple practices that engage your senses in relation to the world around you. Our senses help to imprint memory and experience, and are the gateway to understanding the world around us. Do you remember exploring the senses back in grammar school? Sight, hearing, touch, taste, and smell? They also help to increase our awareness of the sacred gift of life and the myriad expressions of the Divine. Many of our spiritual practices engage thought and imagination, and may touch on sensory experience. So, let us go have some adventures with God, appreciating the joys and beauty of the world around us.

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Claude Monet's Gardens at Giverny  
Photo by Julie Mussché

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## For Prayer

***A Prayer for Presence***  
*Generous Creator,  
thank You for the gift of life,*



*and the ability to appreciate the vast expressions of You  
in the world around me.*

*Help me to be present to the Sacred in all things, to engage a spirit of  
adventure and discovery, and to have fun spending time with You.*

*Amen*

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