

June 20, 2024

Daily Reflections



Center for Spiritual Development

TRANSITIONS

By Julie Mussché

A Quote

“Leisure makes the human more human by engaging the heart and broadening the vision, deepening the insight and stretching the soul.”

JOAN CHITTESTER, OSB

Reflection

Blessings on this first day of summer! Can you believe it--how quickly the season arrived? It seems like just yesterday I was staring down at what appeared to be a scraggly weed of Sand Verbena in my yard wondering if I should pull it up when the next thing I know, there were bursts of purple all over the place. Spring this year struck me as more brilliant and verdant and yet for a short while, with such a protracted rainy season, I wondered if it had passed me by. And now, here we are entering the edge of summer.

Travel, leisure, cookouts, family visits, languid moments, retreats, water

activities ... the season offers an endless array of opportunities to refresh and recreate. Certainly, the warmer temperatures and longer days force us to slow the pace and seek out the comfort of shade and rest and to be present to the sensory experiences of the season. The sun's arc on the horizon, more refined shadowing, the smell of drying vegetation, the intensity of sun and atmosphere: what a confluence of energy.

Would you concur, there is something mysterious and sacred about the seasons? Are we not blessed to have a yearly interlude where play and rest are invited? The gifts of creation are vast. What a magnanimous and imaginative God we have.



Summer Garden
Photo by Julie Mussch é

For Pondering

- What are your plans for the summer? What are you most looking forward to?

- How is God companioning you to find moments of retreat and leisure?

For Prayer

*Thank you, Creator, for the gift of seasons.
May I be present to each moment and savor your generosity.
Amen.*

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