

ASCENDING LIFE CANADA

Spiritual Resource Journal

Summer 2018



Walk with God this Summer



ASCENDING LIFE-CANADA

Spiritual Resource Journal

June 2018

A SUMMER VACATION WITH GOD

I invite you to join me in taking a summer vacation with God!

What would that mean for you to go on a summer vacation with God?

Perhaps you could meet Him somewhere you have always wanted to visit- a quaint monastery, a botanical garden, a church in another town, or other curiosity inspiring locale?

Or, perhaps you have already lined up a vacation, you can take Him along with you. God is a well-equipped navigator, when you need to be directed towards patience and gratitude during an extended road trip, or a long wait at an airport

Or, you might opt for a stay vacation, where you can retreat with Him in a familiar place. A nearby destination, such as your back yard, on the front porch, on the beach, under the shade of an old oak tree. All these can provide a comfortable, relaxing place close to home.

There are endless possibilities for how you can take a vacation with God. Research has shown that planning and anticipating a trip can often bring you more happiness than the trip itself.

I challenge you to plan and take a trip with God this summer-for an afternoon, a weekend, or a longer break if you fortunate to have the time.

Soon enough summer will end and make way for fall, perhaps the next season will merit another special time with God.

A Poem for Inspiration

Ten thousand flowers in spring, the moon in autumn,
a cool breeze in summer, snow in winter
If you mind isn't clouded by unnecessary things,
this is the best seasons of your life!

Amen

PRAYER

Father, Creator of All, Thank You

Thank You, for the warmth of the sun and increased daylight!

Thank You, for the beauty I see all around me,
and for the opportunity to be outside and enjoy your creation!

Thank You, for the increased time I have to be with my friends and family,
and for the more casual pace of the summer season!

Draw me closer to You this summer.

Teach me how I can pray, no matter where I am,
or what I am doing.

Warm my soul with the awareness of Your presence,
and light my path with Your Word and Counsel.

As I enjoy Your creation, create in me a pure heart.
and a hunger and a thirst for You. Amen

Jim Manney, Ignatian Prayer

A SUMMER MEDITATION

When was the last time you stepped outside, just to enjoy the sights, the sounds, the fragrant scents of summer?

We look forward to summer and the longer days as a time to relax, yet we toil and sweat outside in the summer sun. With all the demands of a busy life, we often don't give ourselves time to be in harmony with nature.

"Summer" A season that reminds us that in all things there's a time to work and a time to rest.

A time to rediscover the body of Christ in new and revitalizing ways.

There is a definite need to unplug from the world and technology, from time to time, to connect with nature and meditate on the beauty of summer. There is much untapped spiritual potential in simply walking outdoors, taking a deep breath and gazing upon God's handiwork, slowing down and meditating on and with the world around us.

Let us quiet our minds and open our hearts and listen deeply. Let us allow our hearts and body to heal as we walk through nature, listen to our breath, our own feelings and thoughts more deeply and clearly. Let us seek enlightenment and renew our presence and spirit!

SUMMER

Summer is a gentle season. It is kind!

“The lush green grass invites us to lay down and relax,
to stay on your back and watch the blue sky,
and the powdery clouds dance lazily on by.”

It is said that the color of green, the dominant color of the summer
provides relaxing physiological effects.

The warm summer sun caresses your skin and makes you smile.

The balmy breezes give you hugs that make you want to run and jump and play.

Even some of the thorny bushes become friendly,
offering wild berries to delight your palate and nourish your body.

Father John Bartenuk L.CSthD

The wonders of nature can be one of the greatest pleasures of the summer holiday.

Let us mindfully search in solitude, a sanctuary, discerning the sparks of God's glory!

The thoughtful soul to solitudes retire meditating on nature, perhaps on a beach on a beautiful
summer day, listening to the waves lapping quietly against the shore, the birds singing, the
laughter of children playing.

The wonderful days of summer.

God's glory! The handiwork of design.

“To see a world in a grain of sand, and a heaven in a wild flower

Hold infinity in the palm of your hand, and eternity on a hour.”

John P Tangilder

A SUMMER BLESSING

May you walk with God this summer in whatever you do, wherever you go!

Walking with God means...walking with honesty, and with courage.

Walking with love and respect and concern for the feelings of others

May you talk with God this summer, on every day, in every situation!

Talking with God means...praying words of praise for the beauty of creation.

Saying prayers of thanks for friends and family and good times.

Asking for God's help in all your decisions.

Expressing sorrow when you have failure.

May you talk with God every day!

Amen