

# ASCENDING LIFE-CANADA

Spiritual resource Journal 04/2018

## BLESSED

### LIVING A GRATEFUL LIFE

The whisper of God is everywhere and the Joy of His presence is within when the spirit is still and the mind quiet, the body at peace

Let us take a moment to rest, listen, to think, to reflect on where to connect to what is important!

Let us find a quiet place to examine and celebrate our relationship with family and friends. To think how we might make a difference in the world. How we might refresh and perhaps reinvent who we are!

Let us open our heart to the worship of God and see the Blessings that surround us!

### A QUIET PLACE

We need a deeper quiet, listening that permeates our whole way of being. We need that quiet place to hear that still, small voice.

### A TIME TO LISTEN

We are wrapped up in the craziness of modern life and blessings can be hard to recognize. We need a breather between winter and spring and summer that offers a gentle transition, slowing us down and giving us time to listen to the inner voice murmuring. A quiet time, allowing us to catch a glimpse of everyday joy that is tucked unnoticed in and around the edges of our lives.

We need to take the time to notice the signs of spring, the arrival of birds, their song, enjoy the beauty of butterflies, as they return from their winter homes and wonder how they know it is time to return from their winter home.

### A FAITH COMMUNITY

Let us seek the profound stillness with a "Sense of Presence"

Are there too few moments and locations in our lives that provide the stillness to listen, to hear the small voice?

Let us pause from rushing frantically around from one place to another, to find a place that allows a moment of silence, allowing us to hear-to sense, that still small voice that whispers the truth about what is important to us, to our lives.

A church with its stillness and presence provides us the opportunity, Why not drop in and sense the Presence. Allow His peace to quiet your thoughts, so you might hear.

## MAKING A DIFFERENCE

“The impulse to serve is the mysterious ingredient that fills us up,  
that makes our cup runneth over.

That, still voice, is perhaps the Holy Spirit calling you to make a difference in your life  
and that of others!

Perhaps that still voice is urging to consider reinventing who you are?

Is it all about waking up and realizing your life is half over and brimming with the things  
that are your responsibilities, not the things that give meaning to your life?

You ask yourself, what should I do with the rest of my life?

How can I make it richer and fuller and happier?

The sheer joy rests in the fact that..

You have guts! Taking risks, retiring-beginning a new era. The sense of freedom and  
the rush of sheer joy is wonderful

You are comfortable with your body. Realize you are who you are. Just keeping healthy.

You know what's important. Family, God, Compassion, Forgiveness, Honesty, Love.  
Extending a helping hand. Nothing else is important!

Stress isn't a big deal. It has been a constant for many years you have learned to deal  
with it and put it in perspective.

You know who you are. You are bigger, bolder and brighter, and would like to hug  
everyone who comes within range and you probably rescue dogs, cats and other  
people. You are not the person you want to be, at least yet, but you like who you are on  
the journey.

Your relationships are solid. All relationships throughout your life are pretty much  
resolved and you have come to terms with many facts in your life

You can let someone else drive. You can see God's fingerprints all over your life. A  
nudge here, a stop sign there, a barrier when you were about to run off the road.

You didn't arrive in this page in your life by accident and that knowledge should allow  
you to stay centered..

I hope you enjoyed a glimpse of the everyday joy that is frequently tucked unnoticed in  
and around the edge of your lives. May magical moments fill your heart with light and  
remind you of the beauty and potential of your own life and may you find JOY in who  
you are! Amen!