

Here are some quotes for you to ponder this week:

"To bless is to put a bit of yourself into something.
It is to make holy, to change something or someone
Because of your presence."

-- Macrina Wiederkehr

"I would maintain that thanks are the highest form of
thought, and that gratitude is happiness doubled by
wonder!"

-- G.K. Chesterton

"For all of a sudden when I saw those lights, I said to
myself, Ivy, this is your life, and you are living it! Your
life is not going to start later. This is it, it is now. It's
funny how a person can be so busy that they forget this is
it. This is my life."

-- Lee Smith

"Clay is molded into vessels, and then in the space where
there is nothing, you can carry water. Space is carved
out of a wall, and in the space where there is nothing, you
can receive light. Be empty and you will remain full."

-- Lao-Tsu

"It is so much harder to receive. Sometimes we have to
be brought to our knees before we are ready to receive."

-- Joyce Rupp



You anoint my head
with oil;
My cup spills over
the top!
Psalm 23: 5



Sabbath (four)

*Just to be is a blessing, just to live, is
holy.....*

The Cup of Your Life

A simple container has spoken
in my solitude
A teacher and bringer of wisdom
whispering truths of an indwelling God
in the container of my soul

Hearkening to my hidden ability
to be filled
and to pour
from a life of abundance

Reminding me of necessary boundaries
for nurturing the sacred space within me

Inviting me to sip often from the Divine wellspring,
source that slakes my spirit's thirst

Calling to me like a seed in the soil

Believing in the power
that is present
in the life
that is possible

Joyce Rupp



*Just to be is a blessing.
Just to live is holy.*

Abraham Heschel

A Blessing Cup

Did you know that gratitude can increase happiness, help you sleep better, and even change your closest relationships? It just takes practice.

Here's a simple start: Find a large cup, perhaps a favourite mug, and place it in a conspicuous place, on the table where you normally eat your meals. Beside it, lay a small pad of paper and a pen. Each day as you go about your business, think of one thing for which you are thankful. Write it down and place it in the cup. Of course, you can put in more than one piece per day.

Think of the people in your life: the mail carrier, the Tim's server, the bus driver, the gas pumper. Think of the person who remembered to call, or someone in your family for whom you are grateful. As you watch the evening news, think of something in your life for which you can be thankful.

On Sunday each week, at dinner, take out and read the compiled list of blessings in the blessing cup. Ponder and wonder at the grace and goodness in your life. ASK: how can I be a blessing this week to someone else??

Gratitude Prayer:

***Loving God, my cup spills over the top with gratitude and blessing.
I have everything I need, and more.
My heart is full with thankfulness.
May I now be moved to share my blessing with others.
May my actions reflect the gratitude I feel inside.
May the words of my mouth, and the meditations of my spirit, bring me closer to your love. And may I rest in your overflowing Heart forever. Amen***