

Here are some quotes for you to ponder this week:

"The only reason for time is so that everything doesn't happen all at once." -- A. Einstein

"Dance as though no one is watching you
Love as though you have never been hurt before
Sing as though no one can hear you
Live as though heaven is on earth."
--- Mark Twain (attributed to him)

"Just as someone starving can't eat a whole loaf of bread at once, but must break off small pieces and eat slowly, so must the conscious heart live off small pieces of infinity in order to digest what will nourish" -- Mark Nepo

"It's repetition of affirmation that leads to belief. And once that belief becomes a conviction, things begin to happen!" -- Muhammad Ali

"You are not a troubled guest on this earth,
You are not an accident amidst other accidents.
You were invited
From another and greater night
Than the one from which you have just emerged."
-- D Whyte



"Give us today the
bread we need.... "

Matt. 6: 11



Sabbath (three)

*Once in a blue moon
Is that enough?*

Once a Day Sabbath

Once a year, once a month, once a week? Once in a blue moon? How often do you stop to listen, to pray, to be thankful? Is it enough? I find that if I stop practicing the piano, my fingers get stiff and sore. It takes a while to get back in the groove. Summer gives me time to re-connect, to pause, to be grateful for every little thing. It makes life richer.

Many traditions include daily prayer as part of the faith practice. This is for two reasons; one, we cannot possibly hold or grasp the meaning or the presence of God all at once; it takes a lifetime of conversation. Two, we are programmed to forget, to fall asleep, and we need to learn everything all over again. St. Benedict developed a daily "rule", a set of prayers for each day, which forced his disciples to stop whatever they were doing, no matter what it was, and participate in the larger dance of the cosmos. Not a bad idea!

Life unfolds beneath language and conscious thought; it grows within us and around us. Once we know this, we simply have to listen for it. "Only when we listen deeply can we hear the deep and ancient rivers that flow through us." (Wayne Muller)

A Daily Ritual

- 1) Find a quiet spot in your home (or outside at the cottage)
- 2) Light a candle, a reminder you are not alone, a reminder of the light within you.
- 3) Breathe at least 3 deep breaths
- 4) Listen to the sounds around you. They reflect thousands of tiny miracles which punctuate your life.
- 5) Notice the colours of the landscape. They reflect light which saturates your life.
- 6) Name and give thanks for the people who love you and care for you.
- 7) Listen "with the ear of your heart". What wisdom is there for this day? What guidance is being offered for this day?
- 8) Breathe deeply again. How blessed is this moment!

If you have time, keep a journal of these moments. Individually, they are beautiful, but over time, you will see the shape of your life spread out on the pages before you. Life is a day-by-day conversation.



"This is the day that the Lord has made; let us rejoice and be glad in it!"

Psalms 118: 24

SWEET CHOCOLATE FUDGE

Once a year, we make fudge. In the summer time, a little indulgence seems to be justifiable. This recipe is made in the microwave, is fabulous tasting and super easy.

***3 cups sugar
3/4 cup butter
2/3 cup evaporated milk
1 12-oz. (340 g) package semi-sweet chocolate chips (vary the flavour with different chips)
1 7-oz. (198 g) jar Fluff Marshmallow creme
1 cup chopped nuts
1 teaspoon vanilla extract***

Microwave margarine in 4-quart microwave-safe bowl on HIGH (100%) 1 minute or until melted. Add sugar and milk; mix well. Microwave on HIGH 5 minutes or until mixture begins to boil, stirring after 3 minutes. Mix well; scrape bowl. Continue microwaving on HIGH 5-1/2 minutes; stir after 3 minutes. Stir in chips until melted. Add remaining ingredients; mix well. Pour into greased 13 x 9-inch baking pan. Cool at room temperature; cut into squares. Makes 3 pounds.

Vary the flavour with the use of different chocolate chips.

Nut-free version also tastes great.