**Examen**

Mary Kochlefl

**Thanksgiving**

I am grateful for a moment of quiet, the opportunity to reflect, the space to consider my own needs and hopes.

**Petition**

I ask for clarity and grace as I reflect upon my day.

**Review**

When was I present to the humanity of others? When did I instead see others as interruptions, challenges or vehicles for my own plans?

When did I look outside the limitations of my typical interactions to learn about and engage with difference? When did I instead settle instead for comfort or ease?

When did I pause to notice the life-giving natural world? When did I instead hurry past, distracted by the tasks and worries of the moment?

**Response**

In light of my review, am I developing habits of reflection and presence?

**A Look Ahead**

Tomorrow, what might be opportunities to be more present – to others, to those outside my typical interactions, to the natural world?