

Daily Reflections – June

June 1

"The glory of life comes not from the things we can command but from the things that we can reverence." - Goethe

What do I reverence?

June 2

"You who wait for God
shall renew your strength,
you will take off with eagles' wings.
you will walk and not get tired,
you will run and not faint." - Isaiah 40:31

June 3

"Work is love made visible." - Kahlil Gibran
...if we are fortunate!

What is my work? How is it an expression of love?

June 4

"In your faithful love you lead me whom
you have saved;
by your strength you guide me to
your dwelling place." - Exodus 15:13

June 5

"There is a twilight zone in our hearts that we ourselves cannot see. Even though we know quite a lot about ourselves, our gifts and weaknesses, our ambitions and aspirations, our motives and drives, but large parts of ourselves remain in the shadow of consciousness. This is a very good thing. We will always remain partially hidden to ourselves. Other people, especially those who love us, can often see our twilight zones better than we ourselves can... We will never fully know the significance of our presence in the lives of our friends. That's a grace, a grace that calls us not only to humility, but also to a deep trust in those who love us. It is in the twilight zones of our hearts where true friendships are born." - Henry Nouwen, from *Bread for the Journey*

Who are the people in my life who see those "twilight zones" in my heart, and whom do I trust to teach me about myself?

June 6

"There are two ways of spreading light; to be the candle or the mirror that reflects it." - Edith Wharton

Which best describes me? In what way?

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June 7

"Even clowns cry." - Carol Kelley

How can I know when it is best for me to be genuine with my feelings or "put on a happy face"?

June 8

"Normal day, let me be aware of the treasure you are. Let me not pass you by in quest of some rare and perfect tomorrow. Let me hold you while I may, for it will not always be so. One day I shall dig my nails into the earth or bury my face in the pillow or raise my hands to the sky and want more than all the world your return." - Mary Jean Irion

How can I avoid taking the routine of my life for granted?

June 9

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another- and all the more as you see the Day approaching." - Hebrews 10:24-25

June 10

"When we stop waiting for something "significant" to happen and instead begin noticing what IS happening, small miracles occur." - Sue Bender

What little things do I notice? How is that important?

June 11

"And now these three remain: faith, hope and love. But the greatest of these is love." - Corinthians 13:13

June 12

"The divine pervades everything in the Universe." - Sri Sathya Sai Baba

Where do I see God: at home, at work, in me?

June 13

"Great acts are made up of small deeds."
- Lao Tzu

What small deeds will I act upon today?

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June 14

"The final mystery is oneself." - Oscar Wilde

What do I do to unfold the mystery of *me*?

June 15

"Follow your instincts. That's where true wisdom manifests itself." - Oprah Winfrey

Where are my instincts leading me?

June 16

"It is more blessed to give than to receive." - Acts 20:35

June 17

"Everything changes. Nothing remains without change." - Buddha

What is changing in my life? How have I responded to the changes?

June 18

"Our faith needs to be the North Star of our lives. Our behavior needs to match our words." - Archbishop Charles Chaput

June 19

"No snowflake in an avalanche ever feels responsible." - Voltaire

When have I had the courage to be the first on an initiative?

June 20

"If you haven't forgiven yourself something, how can you forgive others?"
- Dolores Huerta

What do I need to forgive myself for?

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June 21

"I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business." - Michael J. Fox

In what ways do I reach for excellence?

June 22

"Ability will never catch up with the demand for it." - Malcolm Forbes

What are my greatest abilities? How do I use my strengths to contribute to a better world?

June 23

"If you are what you should be, you will set the whole world on fire." - St. Catherine of Sienna

June 24

"And in the end
The love you take
Is equal to the love
You make?" - John Lennon and Paul McCartney

How has your service to others come back to you in love?

June 25

"Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing?" - Matthew 6:25

June 26

"When the heart is touched by direct experience, the mind may be challenged to change." - Peter-Hans Kolvenbach, S.J.

What experiences have I had that challenged me to change?

June 27

"Do, or do not. There is no try." - Yoda

When in my life did I "stick it out through the hard times" and came out better for it?

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June 28

"Winter, spring, summer or fall
All you have to do is call
And I'll be there
You've got a friend." - James Taylor

What does it mean to me to be a friend?

June 29

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." - Dale Carnegie

In what ways do I let others know that you're interested in them?

June 30

"Faith is a beam radiating from the face of God."
- St. John Eude