

Daily Reflections – May

May 1

"Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary line and adding to one's liberty." - Henry Frederic Amiel

What difficulties have I conquered recently?

May 2

"There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word *happy* would lose its meaning if it were not balanced by sadness." - Carl Jung

How can I trust my *dark nights* will be followed by *happy days*?

May 3

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." - Anaïs Nin

As I think about my friends, what specific ways have they shown me a new world?

May 4

"We should all know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color." - Maya Angelou

What image do I envision when considering diversity in my life?

May 5

"Even to your old age I am your God.
Even when your hair turns gray,
I will carry you.
I have always supported you, and I
will continue.
I will carry you to safety." - Isaiah 46:4

May 6

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."
- Eleanor Roosevelt

What thing must I do?

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May 7

"Would any among you give a stone to your child who is asking you for bread? Or if your child asks for fish, will you hand over a poisonous snake? If you then, who can do wrong, give good gifts to your children, don't you think that your Father/Mother in heaven will give you good things when you ask?" - Matthew 7: 9-11

May 8

"The life given us by nature is short; but the memory of a life well-spent is eternal." - Cicero

In what ways do I make the most of my life?

May 9

"I am where I am because of the bridges that I crossed. Sojourner Truth was a bridge. Harriet Tubman was a bridge. Ida B. Wells was a bridge. Madame C. J. Walker was a bridge. Fannie Lou Hamer was a bridge." - Oprah Winfrey

Whose bridges have I crossed?

May 10

"The greater part of our happiness or misery depends on our dispositions and not our circumstances."
- Martha Washington

Do I give in to circumstance? If so, how can I work to change my perspective?

May 11

"Time teaches and time disappears...The purpose of time is not accumulation. The purpose of time is to alert us to ourselves so that we can become the only thing it is really worth our time to be: a totally human, deeply spiritual human being." - Joan Chittister, OSB, from *Growing Into Life*

How can I become a more deeply spiritual human being?

May 12

"Ask and you will receive, so that your joy may be full." - John 16:24

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May 13

"It is neither wealth nor splendor, but tranquility and occupation, which give us happiness." - Thomas Jefferson

Where do I find serenity and satisfaction?

May 14

"In quiet and trust you shall find your strength." - Isaiah 30:15

May 15

"Just remember the world is not a playground but a schoolroom. Life is not a holiday but an education. One eternal lesson for us all: to teach us how better we should love." - Barbara Jordan

How can I love better?

May 16

"Pursue some path, however narrow and crooked, in which you can walk with love and reverence." - Henry David Thoreau

What is it that I am pursuing? Am I on the path that will reach my goal?

May 17

"Expectations become definitions." - Sue Bender

Does this frustrate me or am I comfortable with such definitions?

May 18

"Love is the essence of human experience and emotion. It is at the root of all and everything we, as humans, do. Without love what do we live for?"
- Anonymous

How is love rooted in my life?

May 19

"Even if the mountains should leave their place and the hills be shaken, My love will never leave you." - Isaiah 54:10

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May 20

"Good is the enemy of great." - Jim Collins

In what ways can I go from *good* to *great*? To keep from being overwhelmed, how do I know when *good* is good enough?

May 21

"In God we love and move and exist." - Acts 17:28

May 22

"If you find it in your heart to care for somebody else, you will have succeeded." - Maya Angelou

For whom do I care? Are there others who may benefit from my care?

May 23

"The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly." - Thomas Paine

What do I cherish because of the difficulty in achieving or obtaining it?

May 24

"If I have been of service, if I have glimpsed more of the nature and essence of ultimate good, if I am inspired to reach wider horizons of thought and action, if I am at peace with myself, it has been a successful day." - Alex Noble

What brings me peace? When do I consider my day successful?

May 25

"People living deeply have no fear of death." - Anaïs Nin

How have I been living?

May 26

"I pray for the God of our Lord Jesus Christ to give you a spirit of wisdom and clarity as you get to know God. May the eyes of your heart be filled with light so that you may know the hope to which God calls you, the riches of God's glorious inheritance to be shared among the saints." - Ephesians 1:17-18

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May 27

"A growing relationship can only be nurtured by genuineness." - Leo F. Buscaglia

When am I most genuine? When is it most challenging for me to be genuine?

May 28

"Do not be afraid; I have redeemed you.
I have called you by name; you are mine." - Isaiah 43:1

May 29

"Nobody sees a flower, really; it is so small we haven't time, and to see takes time, like to have a friend takes time." - Georgia O'Keefe

How might I teach myself to see more? to be more attentive?

May 30

"The holiest of all holidays are those
Kept by ourselves in silence and apart,
The secret anniversaries of the heart..."
- Henry Wadsworth Longfellow

What are my secret anniversaries?

May 31

"This isn't the end, but the start of something much better."
- Jimmy Gimenez, serving his 9th year in Marion Correctional Institution, helps others to have hope.

Do I tackle new challenges with faith?