



**Summer gives us:**

time to 'be'

time to share with family and friends

time to relax and be renewed

time to get a break from work

time to 'catch up'

time to reflect

time to be alone ....

**A blessing of solitude** *John O Donoghue*

May you recognize in your life the presence,  
power and light of your soul.

May you realize that you are never alone  
that your soul in its brightness and belonging  
connects you intimately with the rhythm of the universe.

May you have respect for your own individuality and difference.

May you realize that the shape of your soul is unique,  
that you have a special destiny here  
that behind the facade of your life  
there is something beautiful, good and eternal happening.

May you learn to see yourself with the same delight, pride and expectation  
with which God sees you in every moment.