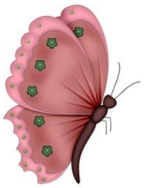
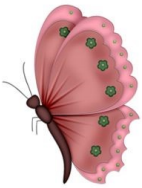
Ascending Life

SUMMERTIME

Celtic Christians walked a "blessing path and were keenly aware of the long hand of God in their lives".
They said blessings over the signs of his presence.
Let us utter blessings for the Gifts of summer, the sun, rain, flowers, grasses, special foods, birds, animals and many, many more.



Meditative Prayer
"Be still and know that I am God."
Psalm 46:10



This short prayer is quiet and ideally suited. Find a place where you can experience an extraordinary quality of silence. Cherish the moments of summer silence. Breathe, focusing on the air you breathe in, and exhale.
Let your brain become quiet.
Be still and know that God is God, that God is with you and God is giving you peace and joy.
Draw closer to God!

Savor the summer sounds in the silence of a summer night, the soft breezes rustling through the leaves, the bird song, the serenade of the crickets, the croaking of bull frogs, the hoot of an owl in the distance.
Gather them into your soul. Relax.
Draw closer to God by simply enjoying and appreciating the joys and wonders of the natural world.



Look up! Those warm nights make star-gazing an attractive activity. Find the Constellations, the North Star. The Big and Little Dippers.
Invite friends and family to a moon viewing party.
Admire the moon and stars and share memories of the beauty of other summer evenings. Thank God for his creations.

Take in the wonder of the morning sunrise and bask in the warmth of the rising sun.
Admire the glorious hues of color of the sun and its reflection on still waters as it dips behind the horizon.
Ponder the contrast in your life that changes you little by little.
Say "Goodbye" to those parts of you that you wish to change in those twilight hours.



As you walk or ride your bike become aware of your surroundings.
Notice colors, textures, shapes and the variety of life around you.
Say "Thank You" to God.
Thank you for the day, the cool breezes, the cloud formations, the glorious scented gardens.



Restore Your Body this Summer

Pay attention to your body, soothe and comfort it through water and warmth.
Develop it through exercise and extra rest.
Revitalize when you are your lowest ebb in the humid days of summer.
Fan your vitality to life by standing in front of the air conditioner or fan.
Thank God for the people, experiences, resources
he sends to help you to renew your spirit.

Nourish Your Soul with Spiritual Reading

The Gospel of Luke presents Jesus as an earthy soul, full of compassion and forgiveness.
He speaks to our soul.

Make "Poetry Pebbles"

Find small rocks or stones that speak to you from the beach,
a stream, on the hillside.
Then in a ritual of gratitude towards the Gifts of Nature, God's creation,
write a spiritual word on each one, such as - Grace, Peace, Hope, Joy.
Keep the pebbles as a table centerpiece, on your desk
or carry them in your pocket or purse.



SUMMER PRAYER

Long warm days. The pace of life slow. A time for picnics and rest in the shade.
Lord, help me rest awhile in in the cooling shade of your presence.
Slow down my restless heart and fill me with gentle compassion for all your people.
Amen.

ASCENDING LIFE- CANADA

Wishing you the Grace, Joy, Hope and a Summer Peace.
May you find God in the silence of summer.

You are invited to join our gatherings in September to explore the messages of the Gospel,
in Friendship, Friendly Exchange, Prayer and Meditation!

Annette Dutrisac – Director Ascending Life-Canada