



Taking a break

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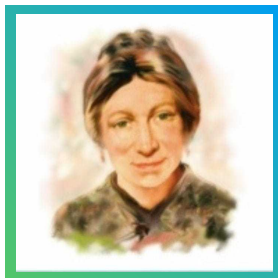


By Lynne fcJ

This time of year in the northern hemisphere is holiday time for many. The evenings are lengthened and the weather is warm.

Taking holiday – taking a break from our normal routine, from the pressures and decisions that fill our life can be such a renewing and refreshing thing. Recently I have had my own holiday time in a beautiful spot where I was able to enjoy the simple things of life – the beauty of nature, good conversations and relaxed days. Returning now from that time I feel refreshed and excited about what lies ahead.

A holiday, no matter how simple, puts us into a space where we have an opportunity to just be ourselves, to enjoy what is around us, to live in the present moment and to cultivate gratitude.



“ Um diesen Namen, Treue Gefährtinnen Jesu, zu tragen, würde ich alles hergeben, alles was ich bin... ”

Marie Madeleine d'Houët

