

Maker of the Seasons,
thank you for all that autumn teaches us.
Change our focus so that we see not only
what we are leaving behind, but also
the harvest and the plentitude
that our lives hold.
May our hearts grow freer
and our lives more peaceful
as we resonate with,
and respond to,
the many teachings this season
offers to us.

-adapted from Joyce Rupp's The Circle of Life

What makes up the harvest and the plentitude in your life?



Wishing you joy and good health,
Mary Bohlen RN
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