



On Arising – Morning Reflection

Night now over, a new day begins;
Thanks for rest and slumber ended.
Challenges and opportunities now to face;
With strength of spirit and shared support.



Close of Day - Evening Reflection

Looking back as evening closes out the day;
Gratefully recognizing tasks now done;
To awaken anew when morning come;
Facing life, refreshed and renewed.



Giving Thanks, Sharing Blessings – Daily Reflection

For experienced guides along life's ways; for fellow travelers sharing the journey;
For caring communities offering support; for simple joys and pleasures still to be found;
For all that was, is, and may yet be: seek to give thanks and praises each day.

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