

Aging prayer...

Oh, God, awaken within me the gift of these years. Teach me to trust so I can face my fears.

Teach me to “be” so I can live. Teach me to receive as in this I also give.

Let me slow down, savor the moment. Then I can hear your whispers spoken. Help me to embrace this “sage-ing” and share it with the youthful aging.

Grace me with humility and lead me to your tranquility. For in this utter surrender, I come to accept your grace so tender.

Give me courage to face my unanswered questions. Guide me to the soul-filled suggestions. Balance has always been a challenge. Create it in me as my life rearranges.

Loosen my grip, set my spirit free so I can discover who I’m called to be. It’s not easy to lose independence. But I want to trust it’s for greater transcendence.

How grateful I am for the gifts I receive. Deepen my faith so I can always believe.

Aging well has no map. Just be my source to bridge the gap.

Amen. *Sister Carole Kimes, SP*

Apostolate of Smiling...

Just a little smile on your lips: Cheers your heart, Keeps you in good humor; Preserves peace in your soul; Promotes your health; Beautifies your face; Induces kindly thoughts; Inspires kindly deeds!

SMILE TO YOURSELF until you notice that your constant seriousness, or even severity, has vanished.

SMILE TO YOURSELF until you have warmed your own heart with the sunshine of your cheery countenance. Then...go out and radiate your smile.

THAT SMILE has work to do—work to do for God. You are an apostle now, and your smile is your instrument for winning souls. Sanctifying Grace dwelling in your soul will give the special charm to your smile which will render it productive of much good.

SMILE on the lonely faces, on the timid faces, on the sorrowful faces, on the sickly faces, on the fresh young faces, on the wrinkled old faces, on the familiar faces of your family and friends—let all enjoy the beauty and inspiring cheer of your smiling face.

COUNT...if you will, the number of smiles your smile has drawn from others in one day. The number will represent how many times you have promoted contentment, joy, satisfaction, encouragement or confidence in the hearts of others. These good dispositions always give birth to unselfish acts and noble deeds. The influence of your smile is spreading, though you do not always see the wonders it is working. Your smile can bring new life and hope and courage into the hearts of the weary, the overburdened, the discouraged, the tempted, the despairing.

Smile, too, at God...

Smile at God in loving acceptance of whatever he sends into your life, and you will merit to have the radiantly smiling face of Christ gaze on you with special love throughout eternity.

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Namaste!



KEEP SMILING

Transition to Autumn

As we transition from the warm breezes of summer into the changing leaves of autumn, we are reminded of the beauty of change. Every year the leaves on the trees lose their green shade to the brilliant arrays of red, orange, yellow and brown. Our lives are so much like these leaves as the season changes, so do we. We grow and transform ourselves into new versions while shedding our old skin and incorporating the lessons we have learned into the new revision of who we are. We move forward in life and begin to gain a greater awareness of the world and our place in it.

The Autumn equinox is in September when the day and night will be equal in length which creates a perfect balance of light to dark, a balance within ourselves as well as other energies around us. It is a time of inner reflection. Autumn is a season shrouded in possibilities. We are invited to release what no longer benefits us in our journey to open our way of furthering personal development.

Just as a farmer harvests the rich bounty at the end of summer, and looks at autumn as the time to turn over soil and fertilize the earth, certainly autumn reminds us of the impermanence of everything. We have experienced the growth of life, which we see in spring, the flowerings and expansion of summer, autumn the rich colors of the leaves and winter the barren branches of what was. All of this is there to remind us of the fleeting beauty of nature in all its glory. We can take advantage of this time of year to reap the possibilities of changes and the insight in our journey.

To bring about positive self-change one must learn to release any self-destructive behaviors. Look at what you have accomplished thus far and what you have not and remember the grass is not always greener on the other side. We approach this time with realistic expectations, as it is essential to assist in self-change and spiritual growth. Our greatest gift to our self is to create reachable tasks and awards for obtaining our achievements.

Just like the changing colors of the leaves each Autumn we should take the time to reevaluate where we are and where we want to go. Each season without the other one before would not be able to complete the cycle of life. The spouting of new life, into the green growth of summer, followed by the shedding of the rich colors of leaves into the transformation and dormancy of winter into a new version of who we will be. Look at it as: Spring creation, Summer development, Autumn reflection, Winter transition.

What is it all?

What is it all when all is told,
This constant striving for fame or gold,
The fleeting joys, the bitter tears,
We are only here a few short years.
Nothing our own but the silent past,
Loving or hating, nothing can last!
What is it all, but a passing through,
A cross for me and a cross for you,
Ours seems heavy, while others seem light
But God in the end, makes all things right!
He tempers the wind with such loving care,
He knows the burdens each can bear,
Then He changes life's gray into heavenly gold.
Ah! that is all, when all is told!
Anonymous

Wit and Wisdom...

*Teach your kids the value of a dollar. Give them a dime.

*I think I have finally broken our dog of begging for food from the table. I let him taste some.

*Late night television is very educational. It teaches you that you should have gone to bed earlier.

*Rip Van Winkle slept for 20 years. But, of course, his neighbors didn't have a teenager with a stereo.