

Quote - May Sarton, from Journal of a Solitude

I always forget how important the empty days are, how important it may be sometimes not to expect to produce anything, even a few lines in a journal. A day when one has not pushed oneself to the limit seems a damaged, damaging day, a sinful day. Not so! The most valuable thing one can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of a room.

Quote - Eleanor Brownn

Rest and self-care are so important. When you take time to replenish your spirit it allows you to serve others from the overflow. You cannot serve from an empty vessel.

Quote - Howard Thurman

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

Quote - L.R. Knost

Taking care of yourself doesn't mean me first, it means me too.

Quote - Lance Witt

You can't live life at warp speed without warping your soul.

Reflection - I'm Tired, Rev. Darcey Laine

"...so often I assume that I am indispensable... Even if my body and spirit are asking for a break... But if I power through, I am not leaving room for guidance of the spirit... It's a leap of faith to be authentic and honest, rather than ignoring the messages of body and spirit saying, "I'm tired" or "this doesn't feel right" and powering through. It requires faith that we are not alone- faith that we are part of a web of community larger than ourselves. Can we have faith that if the spirit is truly calling us to do something, spirit will help make it happen like a stream helps the paper boats that children set on the water and release?..."