

## **A reflection for summer**

For some, a time to rest.  
A slower pace, breathing space,  
less juggling, fewer pressures.  
God says, "Peace be with you."

For some, a time to play.  
Sun-soaked energy, water-soaked refreshment,  
creation's beauty, great companionship.  
God says, "Shout for joy!"

For some, a time of change.  
Different patterns, varying burdens,  
transitions to new stages, adventures beginning.  
God says, "I will be with you, always."

For all, a time to pray.  
In joys and sorrows,  
energised or weary,  
whatever we need, wherever we are,  
may we turn to God.  
Say to God what you need to say.  
And take time with God and listen.  
What is God saying to you?