

Reflection

Summer - When nature comes into its fullness

Summer it seems is upon us! It happened more quickly than I'd planned. The blossoms, which lasted so long with the cool Spring, have quickly turned into thick green foliage. As always the outer world gives hints of what might be going on in the inner world as well. I found, once again, that Joyce Rupp and Macrina Wiederkehr's book, *Circle of Life** has some beautiful thoughts on summer for reflection:



Summer is when "...vegetation matures into a deeper green and grows thick and sturdy. Blossoms readily fill out into fruits and vegetables. The abundance of produce signals the beauty and bounty of this rich period, for summer is the season of ripening and abundance; farmers markets, productive gardens, lush flower beds all give witness to the power of light and growth in this season.

"There are striking similarities between this season of fruitfulness and our inner life. Our interior summer is also full of light and growth & When we are "in the light" we are moved by an energy that assures us of our self worth and potential for growth... During our inner summers, we know we are growing. There's a robust surge of spiritual vitality. We long to be faithful to our truest self. The desire to become more healed and whole grows stronger in us.

"Our interior summertime moves us toward fullness and ripening. Perhaps reading a book helps us develop a fuller dimension of ourselves. A personal relationship might become stronger, enhancing our enthusiasm. Our summer growth could be a retreat that nudges us toward something deeper. It might be an insight from our journal or prayer that stretches us, or the practice of stopping to breathe once in a while so we enjoy the now." P. 113-116, **Circle of Life*, Joyce Rupp & Macrina Wiederkehr Corin Books, Notre Dame, Ind., 2005.

Reflection:

1. How are you experiencing the movement into summer with all its verdant growth?
2. Does it reflect any movements in your spirit?
3. What in your inner summer is burgeoning from blossom to fruit? What new life and growth is welling up for you?
4. How is God, the Gardener, at work in you at this time?

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Contact Us

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