

This page will offer monthly reflections on soul-stirring encounters evoked by the author's everyday life experiences and invite readers to contemplate their own related experiences.

January 2008

"To pay attention, this is our endless and proper work."
Mary Oliver

River Raisin Fog

The fog thickens
erasing the island
blurring the river
shrouding nearby trees

Creating more mystery
less definition
like when I lean into life
as it is, not as I would wish it

Loving, forgiving, restoring
myself, the other, the world
letting go,
letting be.

Reflection: Ponder something within your life
(an issue, relationship, etc.) which feels
foggy or unclear. Allow yourself to lean into
that experience as it is, not as you might
wish it. What does it feel like to let go and let be?

New Year Blessings!

Text and photo by Mary McCann, IHM

If there is anything you'd like to share with us, e-mail visitation@ihmsisters.org.

Take a moment to read an additional reflection from the [IHM Elder Wisdom](#) page.

