

Morning Joy

A friend of mine gets a cup of coffee each morning and sits in a chair and looks (really looks) at the sky while she sips her coffee. Another friend sits in a chair and watches her bird feeder while she sips. Can you think of something you'd like to do for 5 – 10 minutes that feels somehow "holy" to you? Try doing it each morning with your coffee or tea for a month. Call it your spiritual practice!