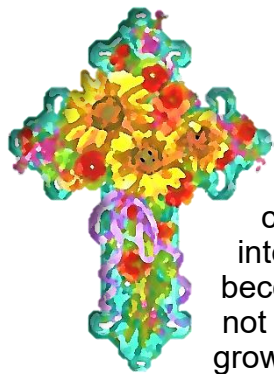


Spirituality Commission Report

June 2025



Nurturing Your Spiritual Journey Amidst the Summer Sunshine

Staying spiritually active during the summer months doesn't need to feel like a challenge. By weaving spirituality into your outdoor activities, daily routines, and social interactions, you can create a summer rich with spiritual growth. Then, summer can become a season of profound spiritual enrichment. Let the sun inspire you to shine brighter, not just outwardly, but from within. Every season offers unique opportunities for spiritual growth, and summer is no exception.

The following are ways to deepen your spiritual connection and inner growth:

Embrace Nature as a Spiritual Sanctuary —

Summer offers countless opportunities to connect with nature, which can be a profound source of spiritual inspiration. Nature can become your sanctuary, allowing you to feel a deeper connection to our Lord.

- Bring spirituality to your hikes: Use this time to appreciate the beauty of creation.
- Practice outdoor meditation: Find a quiet spot, close your eyes, breathe deeply, and let the sounds and scents of summer calm your mind and experiencing God's presence all around you.
- Engage in gardening: Planting and tending to a garden can foster gratitude for the cycles of growth and renewal.

Create a Summer Spiritual Routine —

The shift in schedule that often accompanies summer can be an opportunity to revamp or enhance your spiritual practices.

- Set a summer intention: Begin by reflecting on what you want to cultivate spiritually. It could be mindfulness, gratitude, or growing closer to the Lord.
- Experiment with flexible practices: If mornings are busier with family or travel, try evening prayers or meditations under the stars. Adapt your practices to your summer schedule.
- Consistency is key, but flexibility can keep your routine fresh and motivating.

Explore Spiritual Reading and Journaling —

Summer can be a perfect time to deepen your faith, through reading and writing.

- Read: Choose spiritual texts, quote from a saint, or reflect on a Gospel passage.
- Start a summer journal: Use it to document your reflections, gratitude lists, or insights.
- Listen to audiobooks or podcasts: If you're on a road trip or lounging by the pool, engage with spiritual content to keep your mind and soul nourished.

Practice Gratitude Daily —

Gratitude is a cornerstone of many spiritual traditions and can be particularly joyful during the summer months. Gratitude transforms the ordinary into extraordinary, enriching your spiritual perspective.

- Keep a gratitude jar: Write down one thing you're grateful for each day and place it in a jar. At the end of summer, revisit these moments of joy and appreciation.
- Incorporate gratitude into meals: Before eating, take a moment to silently or verbally express thanks for the food, the hands that prepared it, and the earth that provided it.
- Share your gratitude: Let the people in your life know how much you appreciate them. Acts of kindness can amplify a sense of connection and purpose.

Reflect and Celebrate the Season —

As summer winds down, take time to reflect on your spiritual journey over the past months.

- Host an end-of-summer gathering: Bring together friends or family to celebrate the season and share your spiritual experiences.
- Review your intentions: Look back at the goals you set at the beginning of summer and assess how they have shaped your spiritual growth.
- Plan for the next season: Use your summer reflections as a foundation for your spiritual practices moving forward.

May your summer be filled with gratitude, joy, peace, and spiritual enlightenment.