

COFFEE BREAK SPIRITUALITY



Love is not just a cozy, comfortable thing that happens between two people, or with friends and family.

Love dares us to look beyond, to see the faces of those who desperately need our love, to get up and be there for others, to risk discomfort, to give time and energy and ourselves to others.

Love is difficult, and love is dangerous. Yet love is the only thing we are called to do, and it is the greatest transformer of our world that we know.

Who is craving my love?

Welcome to
COFFEE BREAK
SPIRITUALITY

You're having a cup of coffee and you have a couple of minutes to pause and be quiet. In those quiet moments you can multitask – drink your coffee and reflect. It is useful to jot down the fruit of your pondering and how it impacts your life.

Fr John J. Roche SS.CC.