

COFFEE BREAK SPIRITUALITY



The Middle Time Lona Fowler

*Between the exhilaration of Beginning
And the satisfaction of Concluding
Is the middle time
Of Enduring...
Changing...
Trying...
Despairing...
Continuing...
Becoming...
Failing...
Rising...*

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.