

Monthly Theme: Inclusion

July 30 & 31: Rest

“Someone in the crowd said to him, ‘Teacher, tell my brother to divide the family inheritance with me.’ But he said to him, ‘Friend, who set me to be a judge or arbitrator over you?’”

~ Luke 12:13, 14

“If something comes toward us with grace and can pass through us and toward others with grace, we can trust it as the voice of God.”

—Fr. Richard Rohr



**Invitation
to Rest**

Center with: The demands of my world, accuse me, Gracious God. With rest, shame clears out, and grace recreates. My intention: rest without judgment.

**Breathe
In:**

**I am worthy of
rest**

**Breathe
Out:**

**My self-care is
sacred**



Reflection:

How do you react when someone receives more compensation for less work? What value do you place in the compensation?

What value do you place in your own work (in your job, at home, volunteering)? Is it an obligation? A calling? Something else?

My intention to sacred rest today is: