

Dear Friends,

Is the Summer Solstice really already here? Tomorrow marks the longest day of the year in the Northern Hemisphere. According to our friends on the Internet, tomorrow the Sun will set in our area at 8:19 pm. After this, the Sun begins its trek southward and the days will gradually shorten. We may not notice the change for a few weeks, but change will come.



Even as we sit still in silent prayer, we can perceive change happening, within and without: Variations in heart rate, the cycling in and out of our breath, our muscles and spine constantly adapting, the low rumble of the air conditioner, the building around us shifting, traffic driving by.

In stillness, we can perceive a universe constantly in motion.

And so it is with God, Christ, the Holy Spirit and all the Company of Heaven. Sometimes it feels as if life never changes, that the world and our existence will always be as it always has been. But God is at work in the world and in our lives! And if we journey with God faithfully - praying, reading scripture, worshiping together and serving God by loving our neighbors, we will witness Divine change happening all around us! May God's mercy rain down upon us!

Seize the longest day as it comes! Use every minute of light to bring God's light to the world!

"May mercy, peace, and love be yours in abundance." - Jude
Anil