

## **Welcoming Every Day as Sacred, Honoring Sunday as a Day of Reflection**

Every day that dawns is, in its own way, a spiritual day. The simple act of waking, breathing, and being alive is enough to remind us that life itself is a blessing. Yet, while we can welcome all days as holy, we have chosen Sunday as the day we come together as a community to pray, bless, meditate, and reflect. Sunday offers us something unique. Where Saturday often fills with activity, adventure, and celebration, Sunday seems to slow itself down. It becomes a gentler rhythm—a time for quiet retreats, shared meals, and calm evenings. In this stillness, we find space to catch our breath, to look back on the week that has passed, and to prepare our spirits for the one to come. It is this natural down-tempo quality that makes Sunday such a fitting day for prayer and reflection.

As a minister, I want to share something from the heart: I am also a human being. This monastery, though sacred, is also a house like any other. Here, we have both our “church side” and our “human side.” I never intended this to be a place where we felt bound by rigid rules or stripped of our freedom to be ourselves. Instead, I hoped it would become a monastery of guidance—of lessons learned, reflections offered, and encouragement to do our very best while still embracing our humanness. I sometimes call it the “rock ’n’ roll monastery”—a place that honors both spirit and freedom. It is where we respect the wisdom of the ages while still celebrating the gift of free will. This week’s theme reminds us to rise above the burdens of rules imposed by force, and instead to honor the “law of spirit.” Not a law of punishment, but of respect. Respect for ourselves, for one another, and for the sacred spaces we share.

In this way, freedom and reverence are not opposites. They meet in harmony. We are free people, yet we honor each other. We bow not to force, but to the frequency of respect. And in that harmony, Sunday becomes not just a day of obligation, but a gift—a time when the human heart and the eternal spirit can meet, rest, and renew together.