

Spiritual Growth Exercise

June 2017

Building Relationships

The kids are out of school. Graduations are being celebrated. Weddings are attended. June kicks off a busy time of year. Summer can also be a time for building relationships. Longer days allow us to spend evenings with friends, warm days encourage us to spend time outdoors in nature, and early morning songbirds awaken us to extra time with our spiritual guide, inner source of strength, God.

During this month consider these activities to build relationships:

- Rise a little earlier than usual and find a quiet spot to sit in silence (with or without a cup of tea or coffee ☺)
- Call a friend you haven't spent much time with lately and invite them to spend an evening with you.
- Take out a map of Wisconsin and find a place you have not visited and go exploring.
- Use your vacation time to sit under a shade tree with a child talking about cloud shapes.
- Walk along a river at sunset in conversation with a friend.
- Sit beside a lake and watch sunlight dance with the waves across the water.
- Create your own activity for building relationships with others, with nature and with your own spirit!

