



Holy Spirit Missionary Sisters

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Dear Friend,

*“Come away to a quiet place by yourselves,
and rest for a while.” (Mark 6:31)*

Check the Gospel of Mark and you will find this quote and its context: many people come to Jesus and want his help. But they will have to wait for a while. Isn't that a strong plea for a pause?

Each one of us is invited to take this rest. We are to stop in the midst of the rush and look inward. Becoming still and looking inward can be a twofold thing: for one, I can become aware of what is going on in me, I notice my 'soul-fullness' in my activity.

And secondly, my pausing can help me to gain my bearing, and a refreshed orientation on my way. My look inward reassures me of God's presence and of God's power in me to continue mindfully in my activities.

A tip for this week: Write down this bible verse and put it where you will see it during your "business"; put it on your dashboard, paste it on the telephone, stick it on the mirror, have it on your working desk; in short, make it present to yourself and honor the invitation.

With Blessings on this Lenten journey,

Your sisters Agathe and Veronica Marie, SSps
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