

Spiritual Growth Exercise for July 2017

Spiritual Connections

Summer is full of activity. At most any given time you can find something to do in the summer. You can attend a ball game, go for a swim, hike, bike, join in a 5K run in a local community or so many more options. It can also be a great time to reintroduce your spirit to another. We can be quiet together and feel like we have had a great time together.

During the month of July take the time to sit quietly with a friend, family member, or a pet. Allow yourself to be in one another's presence without participating in another activity (like cooking, gardening, etc.).

This time together will recharge your spiritual connections!

RAMC, Spiritual Care Coordinator

