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Dear sisters and brothers in Christ, the summer of 2017 is here.

Yes, we are into summer. With many warm longer days, some will be on vacation, others not. There is variety happening during summer. Additionally, there are significant changes and differences because of the sun's positive power from bright light.

There is an old play on words suggesting we can use SON instead of sun, and give thanks for the bright rays of love which His Spirit of Love provides. Perhaps this summer you may feel, see and experience the effects of the SON and give thanks for all of the Holy Spirit's gifts you notice.

I want to offer a way to help with your spiritual renewal. Here is a simple way to pray: Consider praying before falling asleep, and if not then, at another time of day. The example I'll share takes about three minutes. I did not formulate this prayer experience, but rather I came to know it's helpfulness during my 25 years or more of providing spiritual retreats, exercises and listening to Christians who desired help. *St Ignatius of Loyola is the basic source for praying in this manner.*

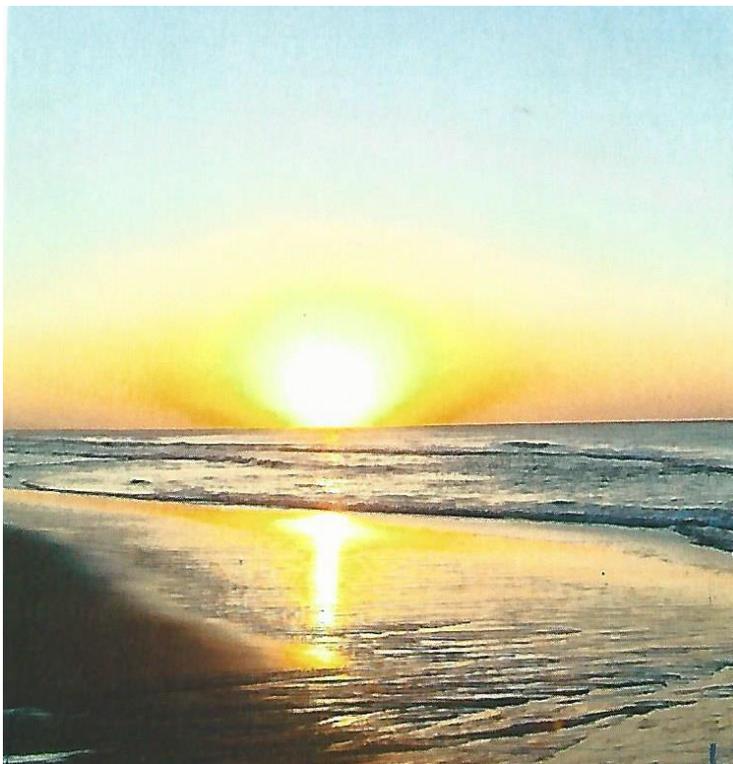
- A. During the 1<sup>st</sup> minute, pick out the high point of your day; something good that happened – like keeping calm when falsely accused.  
Then take time to speak to our Father about it, and thank Him for it.
- B. In the 2<sup>nd</sup> minute, pick out the low point of your day; something bad that happened- like ignoring someone who really could have used your help.  
Then speak to Jesus and ask Him to forgive you.
- C. Consider the 3<sup>rd</sup> minute as time to look ahead to tomorrow; to some critical point- like having to confront someone about something.  
Then speak to the Holy Spirit about it and ask for wisdom and courage to deal with the situation properly.

As you can understand, this way of prayer combines an examination of our lives as a means of confession. But more importantly, this brief time of prayer brings Father, Son and Holy Spirit into the day-by-day understanding of living fully as a Christian.

*Continued*

Here is a suggestion: during these weeks of summer, set aside three minutes a day and try out this avenue of prayer. Enjoy the bright, loving rays of the SON's renewing presence.

Recently at Sunday brunch, our server, Stephani at the Greenwood Steak House, gave me a photo of the sun, ocean and cross, and asked me to pray for her. Yes I will pray. You can meet up with Jesus, the SON, anytime and anyplace.



GOD BLESS YOUR PRAYER TIME.

In the name of The Father, + and of the Son, and of the Holy Spirit. AMEN

Pastor Folmar

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