

NOON PAUSE FOR PRAYER

Conversations with God

Life is not meant
to be a burden.
Life is not a
problem to be
solved. It is a
blessing to be
celebrated.

- Joan Chittister

Come Follow Me - MT 9:9

Thank God for your blessings
Offer up a prayer for another
Ask for mercy and peace
Reflect on holy moments

*No clue where to begin?
Take a few moments to
center yourself. God
knows what is in your
heart.*

Sign here

I pledge to be the best-version-of-myself