August 27, 2021

IT’S HOT
by Shel Silverstein

It’s hot!
I can’t get cool,
I’ve drunk a quart of lemonade.
I think I’ll take my shoes off
And sit around in the shade.
It’s hot!
My back is sticky.
The sweat rolls down my chin.
I think I’ll take my clothes off
And sit around in my skin.
It’s hot!
I’ve tried with ‘lectric fans,
And pools and ice cream cones.
I think I’ll take my skin off
And sit around in my bones.
It’s still hot!


Author Jack Kornfield reminds us that “Gratitude is a gracious acknowledgment of all that sustains us, a bow to our blessings, great and small…. Gratitude is confidence in life itself. In it, we feel how the same force that pushes grass through cracks in the sidewalk invigorates our own life…. Gratitude does not depend on what you have. It depends on your heart…. As gratitude grows it gives rise to joy. We experience the courage to rejoice in our own blessings and in the good fortune of others. In joy, we are not afraid of pleasure. We do not mistakenly believe it is disloyal to the suffering of the world to honor the measure of happiness we have been given.” (https://jackkornfield.com/gratitude)

In these final (and hot) days of August, let us take some time to express gratitude for the ways that each of us has been blessed. Let us remain committed to living in the moment and seeing the goodness in all of God’s creation.

This issue of Blessings includes fun photos of our Sisters’, boat trip on the Fox River and our campus ice cream social.

May your heart be filled with gratitude.
As we say goodbye to August, we look back at August fun in the sun. On pages 2-4, you will find photos of our Sisters, Fr. Phil, and staff from the Living Well enjoying a luncheon and cruise on the St. Charles Paddleboat, *Fox River Queen* on Thursday, August 12.

On Wednesday, August 25, Wheaton Franciscan Sisters, covenant companions, and staff, along with the Sisters and staff from the Institute of the Blessed Virgin Mary (IBVM), gathered around the *Good Humor* truck for an ice cream social. The excessive heat and covid protocols added a few additional challenges, but nothing can stop our love for one another and the joy that unfolds when we gather -- face-to-face or mask-to-mask. 😎
The smart ones who moved inside to keep cool!