

# THE DAILY SIP BLOG

## RESOURCE 2.19



### Sip for Formation of Stewardship

# Daily Sip

## Notes:

What we know about watering plants is that a slow drip often feeds the plant better than a deluge from a hose. And our daily sip of coffee or bite of lunch are linked to the sip of wine from the chalice. Monday through Friday, The Daily Sip blog by The Reverend Canon Charles LaFond offers the beauty of a photograph and a very short meditation, providing spiritual food from Monday through Friday in your week.

In the spiritual life, Sundays can be a massive download of words...liturgy, readings, sermons, conversations, classes, forums. In this blog, a daily sip of spiritual nourishment is offered. This week-day blog is designed for you to be able to glance at an image and then read a related short meditation which you may take into your day. Some days the message will be comforting, other days the message will be challenging and still others enlightening or amusing. There will be fragments of psalms, bits of poetry, and aphorisms from deep souls. Each post takes less than three minutes to read. We hope that the photo and accompanying words may seep into you as you go about your day, fueling your spiritual wonderings. The Holy Spirit may even play with it within your heart.

In an over-caffeinated, over-scheduled society, this daily blog is a sip for the soul; a taste that will, we pray, whet your palate for life and living. This blog is not intellectual but is meant to connect to where we live our daily lives. Take a short pause in your day, even while on the move, to reflect on topics that will include choice-making, prayer in a busy life, mindfulness, stewardship of friendship, adoration, church life, self-care—anything which helps the average busy person to live their Christian life to the fullest. For more information and for additional writings, visit [charleslafond.net](http://charleslafond.net).