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## Daniel's Reflection for week beginning 16th June –

### Father's Day – Blessings for your heart

(This extract is taken from St Benedict's, Garforth Bulletin when Daniel was parish priest here in 1991. It is for all of us but especially to honour fathers today.)

'May I offer some gifts for the home of your heart :-

**The gift of your Beauty** - you are carefully designed in the image of God own loveliness;

**The gift of Listening** - when you listen without judging you mediate God's mercy;

**The gift of your Tears (mainly for men!)-** May you experience the healing of expressed sorrow;

**The gift of Compassion** - so that you will see all creatures as your sisters and brothers;

**The gift of Affection** - offer many signs of friendship, words of praise, hugs and kisses;

**The gift of Vision** - may you believe in the light even before the dawn has yet come;

**The gift of your Child** - may you discover in your child, the one in your home and the one in your heart, the ability to play again, to trust, to let go, to dream;

**The gift of Yourself** -so that you will regain your self-confidence, your self-esteem, your true worth and your personal power. (All free!)

May the joy of God fill your heart during these days of wonder.'