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Take a moment to reflect on the photos.

If you sit on the bank of a river, you see only a small part of its surface. And yet, the water before your eyes is proof of unknowable depths.

— **Anita Diamant, author of *The Red Tent*, other novels, and five guidebooks to contemporary Jewish life**

Holy Spirit, the life that gives life: You are the cause of all movement. You are the breath of all creatures. You are the salve that purifies our souls. You are the ointment that heals our wounds. You are the fire that warms our hearts. You are the light that guides our feet. Let all the world praise you.

— **Hildegard of Bingen (1098-1179), Christian mystic, visionary, Benedictine abbess, writer, composer, painter, philosopher, Doctor of the Church,**

canonized a saint in 2012

Reflect on your interdependence with your environment. At first glance a person seems separate and independent. But what is our relationship with air, water, food, temperature – our surroundings? What are we without them? How separate are we?

Special thanks for water

Season of Creation Daily

pause | reflect | act

Editor's note: [Season of Creation Daily](#) is inspired by the Care for Our Common Home Ministry, Paulist Center Boston. To receive daily reflections by email, [sign up here](#).

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