

# All is Gift

In the time it takes to boil an egg...

You can:

Call to mind loved ones  
(allow their name—their face—  
to rest in your imagination as you hold them before God)

Recite favourite prayers

Tell God about a situation that is causing you worry

Simply be...



Set the egg-time working.  
Use the time it takes to boil an egg in  
a way that feels right for you.

Thank God for the gift of time  
in his company.