

[EarthBeat](#)

[Faith](#)



Jay Mantri | [jaymantri.com](http://jaymantri.com)

by Peter McLoughlin

[View Author Profile](#)

## [\*\*Join the Conversation\*\*](#)

Send your thoughts to *Letters to the Editor*. [Learn more](#)

September 4, 2019

[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

---

Take a moment to reflect on the photo.

---

Do we really need more than this?

To honor the dawn.

To visit a garden.

To talk to a friend.

To contemplate a cloud.

To cherish a meal.

To bow our heads before the mystery of the day.

— **Kent Nerburn**, *American author of books and essays on Native American and American culture and spirituality*

---

Ponder this simple question: Do you have Enough Stuff for now?

— [Postconsumers.com](http://Postconsumers.com) is promoting this intriguing question. #EnoughStuff

---

Special thanks for those who model simplicity

---

## **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](#).

---

---

Advertisement

This story appears in the **Season of Creation Daily** feature series. [View the full series](#).