



Sunflower Seeds

Celebrating Everyday Spirituality



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About

Welcome to my blog! I'm so glad you came—whether by deliberate intent or by accident. This blog is for people curious about God and the spiritual life. It's for people who like to pray or who struggle with prayer. For people whose faith is strong or whose faith needs strengthening. And for people who are trying to find God in the events and situations of their particular lives.

Each Monday I'll post a short reflection, a simple musing on some aspect of spirituality—the everyday kind of spirituality that includes things like walking in the park, slicing an onion for the casserole, caring for a child, studying for an exam, reading a line from scripture, laughing at a joke, or mourning a significant loss.

Along the way I welcome your questions, comments and insights too. After all, we're all in this life—this spiritual life—together!

Thanks again for showing up!

About Sister Melannie Svoboda, SND

Sister Melannie Svoboda has been a Sister of Notre Dame of Chardon, OH for over 50 years. During that time she has served as a high school and college teacher, novice director, and provincial (president) of her congregation. She also ministered in the Jesuit novitiate in Detroit for six years. Currently she writes and gives talks and retreats nationally. A free-lance writer, her articles have appeared in numerous publications including *America*, *Catholic Digest*, *National Catholic Reporter*, *Liguorian*, *Living Faith*, *Review for Religious*, and *Country Woman*.

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About the Sisters of Notre Dame, Chardon, Ohio

The Sisters of Notre Dame of Chardon, Ohio, belong to an international congregation of more than two thousand apostolic women religious.

We are one in mind and one in heart for the transformation of the world in Christ.



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She is also the author of thirteen books including *Traits of a healthy Spirituality*; *When the Rain Speaks: Celebrating God's Presence in Nature*; *With the Dawn Rejoicing: A Christian Perspective on Pain and Suffering*; *Just Because*; *When the Blue Heron Flies*; *The Lord Is My Shepherd* (Twenty-Third Publications); and *Gracious Goodness* (Loyola Press) and *Gospels on the Go* (NCEA). Her favorite pastimes include walking, reading, listening to music, conversing with friends, working crossword and sudoku puzzles, playing Scrabble, and cheering on her beloved Cleveland teams.



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