

# **NURTURING YOUR FRIENDSHIPS**

Cultivate your friendship. In the soil of respect, drenched with the light of truth, the moisture of compassion, life will burst forth as a towering tree, abundant with the fruit of love.

Allow your friendship the graceful freedom of a skip at sea. When the waves dash against you, when the strong winds fill your sails, when the calm allows clear sailing, when the stars guide you by night, you are partners at the helm. Your friendship can take you to distant and undreamed of shores,

A friend accepts you just as you are. Who you are in your friend's eyes gives you a glimpse of who you are in God's eyes

Let your friendship be large or small, tall or short, square or round, paisley or plain. Friendships come in every size and shape and shape imaginable.

You don't need to vow to be a friend forever; just be. Say yes to the gift you are to each other and warm your lives in the glow of that miracle.

Spend time with your friend: sweet time- Walking, playing, praying; not-so-sweet time-disagreeing, hurting, searching. Friendship embraces the Whole spectrum of life itself

To be a good friend, value yourself. To treasure another's essence in your heart, You must first treasure the precious essence that is you.

Give to your friend without expecting something in return. The most gratifying giving comes without expectation or concern for outcome.

Bless your friend's brokenness; let your friend bless yours. This is what God does. Accept your friend without being judgmental. It's not that you don't challenge each other; it's just that you strive to know each others reality.

Listen gently to each other's laughter; your hearts Will know abundant joy.  
Listen gently to each other's sobs; your hearts will know abundant life.

Let your friend be weak or in need; a friend's weakness is a gift that calls out to your strength.

Be humble with your friend. You cannot be who your friend needs if you think you have all the answers.

Turn to Your friend when you're feeling weak or in need of help. You may have more to offer the relationship when it seems you have little, to give.

Be truthful with your friend. Truth and love are themselves friends; one without the other makes each less.

Be open to finding new aspects of your true self in your friendship. When you see yourself in the eyes of a friend you discover "you" as a fresh and exciting creation. Don't falsely flatter your friend because you are trying to avoid being critical. There's another way- being affirming while, expressing constructive, loving concern.

Allow yourself to be loved by your friend. You can give only what you have received. When your friend knocks on the door of your heart with love, put out the welcome mat of your longing- to -be -loved self.

Do not compete with, your friend; play, but do not compete. Friendship does not have a goal- and "winning" or "beating" is a goal.

Don't fear the anger that is a natural part of friendship. Anger itself can be a friend telling you that something is wrong. Respond with openness and honesty.

Touch your friend. When it is respectful and reassuring, not needy and demanding. touch between friends is sacred connecting body and soul.

When your friend hurts you, your friendship can survive. Don't try to hide your pain. Talk it over. And enjoy the delightful effervescence of reconciliation.

Share a special time with your friend- an early morning breakfast, a walk at sunset, a late night conversation. When your souls are free from the day's concerns, you can savor the quiet bond between you

Appreciate the time you spend away from your friend. If time apart seems to threaten your friendship, examine what your real concerns are and how you can deal with them.

Say "no" to your friend when "no" is appropriate, and gracefully accept your friend's "no." Friendship is wide enough and deep enough to allow "no," 'yes' 'maybe,' and 'I don't know.'

Accept a friend's departure gracefully. Farewells allow for new beginnings and fresh experiences. You will have that much more to give one another when you come together again.

When overtures of friendship are made in ways that make you uncomfortable your friend is probably needy. Give your friend a chance to explore that neediness by being honest about your discomfort

When you stand on the shoulders of a friend, more is visible,. When you stand back to back, there is less to fear. when you stand shoulder to shoulder, the load is lighter. And when you gaze upward together, the grandeur of the sky is breathtaking.

Let the radiance, of your friendship pour through each of you like light through a prism. Together you create a rainbow that the world would not otherwise know.

Respect your own boundaries as well as your friend's. Not everything inside you needs exposing. Know what is yours to share and what is yours to hold quietly within.

Set an anniversary date to mark the birth of your friendship. Together you can remember laugh, cry, and dream about the future.

Pray with your friend and speak of God together. The most profound experience in friendship is to share your encounters with Mystery.

Celebrate your friendship with gratitude. Lift up your friend in thanksgiving and rejoice in God's blessing.

Welcome magic and serendipity in your friendship. The most wonderful things can happen when two persons share their deepest selves.

