

PORCHES & WELCOME MATS



FEBRUARY 2023

PRESENTED BY STOP BREATHE BELIEVE® & DIANNE MORRIS JONES

THE PORCH OF WELCOME

A POEM BY ROGER C JONES



CONTINUED ON THE NEXT SLIDES

Let's say the porch has a grey rocking chair
that sits and welcomes you for a stay—

Maybe, the welcome offers you a time
to share the wonder of nature,
the serenity of her elegance, the
majesty of her motifs

Conceivably, the welcome is
for you to stop, close your eyes,
breathe slowly, focus on the now,
and pray or meditate enlightened
thoughts

It could be, that you extend a
welcome for that long-neglected
gathering of friends to share time,
laughter, experiences, and cheer

Perhaps, there's a call for your
welcoming love for someone struggling,
needing comfort to assuage their suffering

It might be, you are welcomed to
ponder a difficulty, something
that eludes your understanding,
leaves you profoundly lost

Or possibly, a chance for change tosses
you an opportunity to consider a bold move
in a new but uncertain direction

Generally, a welcome lasts
until it does not...leaving us
ample occasions for the offering
and acceptance of many welcomes

—And know that, the porch of welcome
doesn't need a rocking chair,
it could be anywhere.



Photo taken along California Coast.

Day 1

“You are somebody’s front porch to God.” – John Roedel

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Day 2

“You are someone’s doorway to mercy.”

– John Roedel

How does today’s image and writing open your heart to an invitation of welcome and reflection?

Photo taken in Providence, Rhode Island.



Day 3

“You are the world’s threshold to kindness.”
– John Roedel

How does today’s image and writing open
your heart to an invitation of welcome and
reflection?

Photo taken in Dallas, Texas.



Photo taken at Red Rock Lake, Iowa.

Day 4

“You are my entrance to letting go of regret.”

– John Roedel

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Photo taken in Costa Rica.

Day 5

“No pressure, but...

Your life is a gateway to peace
for both strangers and friends alike.”

– John Roedel

How does today's image and writing open your
heart to an invitation of welcome and
reflection?



Photo taken in Anna Maria, Florida.

Day 6

“Whether you realize it or not...
Empathy has chosen you to turn your
heart into a welcome mat for others.”
– John Roedel

How does today’s image and writing
open your heart to an invitation of
welcome and reflection?



Photo taken in California.

Day 7

“This is purpose of your life...
To let your existence become a candlelit
veranda of hope for the rest of us to
gather on during the long night.”

– John Roedel

How does today’s image and writing open your
heart to an invitation of welcome and reflection?



Photo taken in St Paul, Minnesota.

Day 8

“Welcome, welcome, welcome.”

- Father Thomas Keating

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Photo taken in Waco, Texas.

Day 9

“I welcome everything that comes to me today, because I know it's for my healing. I welcome all thoughts, feelings, emotions, persons, situations, and conditions.”

- Father Thomas Keating

How does today's image and writing open your heart to an invitation of welcome and reflection?



Day 10

“I let go of my desire for power and control.”

- Father Thomas Keating

How does today's image and writing open your heart to an invitation of welcome and reflection?

Photo taken at Thanksgiving Square, Dallas, Texas.



Photo taken in Lopez Island, Washington.

Day 11

“I let go of my desire for affection, esteem, approval, and pleasure.”

- Father Thomas Keating

How does today's image and writing open your heart to an invitation of welcome and reflection?



Photo taken at Red Rock Lake, Iowa.

Day 12

“I let go of my desire for survival and security.”

- Father Thomas Keating

How does today's image and writing open your heart to an invitation of welcome and reflection?



Photo taken at Red Rock Lake, Iowa.

Day 13

“I let go of my desire to change any situation, condition, person or myself.”

- Father Thomas Keating

How does today's image and writing open your heart to an invitation of welcome and reflection?



Day 14

“I open to the love and presence of God and
God's action within. Amen.”

- Father Thomas Keating

How does today's image and writing open your
heart to an invitation of welcome and reflection?

Photo taken in Dallas, Texas.

Day 15

“Let’s say the porch has a grey rocking chair that sits and welcomes you for a stay”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Photo taken in Dallas, Texas.



Day 16

“Maybe, the welcome offers you a time to share the wonder of nature, the serenity of her elegance, the majesty of her motifs”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?

Photo taken at Yosemite National Park, California.

Day 17

“Conceivably, the welcome is for you to stop, close your eyes, breathe slowly, focus on the now, and pray or meditate enlightened thoughts”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Photo taken in Burbank, California.



Photo taken at Anchor M Ranch,
Round Timbers, Texas.

Day 18

“It could be, that you extend a
welcome for that long-neglected
gathering of friends to share time,
laughter, experiences, and cheer”
– Roger Jones

How does today’s image and writing
open your heart to an invitation of
welcome and reflection?



Photo taken in Dallas, Texas.

Day 19

“Perhaps, there’s a call for your welcoming love for someone struggling, needing comfort to assuage their suffering”
– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?

Day 20

“It might be, you are welcomed to ponder a difficulty, something that eludes your understanding, leaves you profoundly lost”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Photo taken in Dallas, TX



Photo taken in Olympic National Park,
Washington.

Day 21

“Or possibly, a chance for change tosses you an opportunity to consider a bold move in a new but uncertain direction”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Day 22

“Generally, a welcome lasts until it does not...leaving us ample occasions for the offering and acceptance of many welcomes”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?

Photo taken in Dallas, Texas.



Day 23

“–And know that, the porch of welcome doesn’t need a rocking chair, it could be anywhere.”

– Roger Jones

How does today’s image and writing open your heart to an invitation of welcome and reflection?

Photo taken on Mackinac Island, Michigan.



Photo taken in West Des Moines, Iowa.

Day 24

"The environment begins right at your front door."

- Ansel Adams

How does today's image and writing open your heart to an invitation of welcome and reflection?



Day 25

“A smile is the universal welcome.”
– Max Eastman

How does today’s image and writing
open your heart to an invitation of
welcome and reflection?

Photo taken in Nepal.



Photo taken in Nepal.

Day 26

"The soul should always stand ajar,
ready to welcome the ecstatic
experience."

– Emily Dickinson

How does today's image and writing
open your heart to an invitation of
welcome and reflection?



Photo taken in California.

Day 27

“Welcome to the present moment. Here. Now. The only moment there ever is.”

– Eckhart Tolle

How does today’s image and writing open your heart to an invitation of welcome and reflection?

Day 28

“Listening is much more than allowing another to talk while waiting our chance to respond. Listening is paying full attention to others and welcoming them into our very beings. The beauty of listening is that those who are listened to start feeling accepted, start taking our words more seriously and discovering their true selves.”

– Henri Nouwen

How does today’s image and writing open your heart to an invitation of welcome and reflection?



Photo taken in Dallas, Texas.