

**Date and Readings for the Day**

**[Your photo goes here]**  
  
*(optional)*

**Your Name** \_\_\_\_\_  
**Short Bio** \_\_\_\_\_  
\_\_\_\_\_ [bio no more than 50 words approx.]  
\_\_\_\_\_  
\_\_\_\_\_

*(Whatever you might want to share about yourself, for example: time at Parkdale, interests, hobbies, interests, vocation, children or not, grandchildren, ethnic background, food you like... anything)*

**Text: (text(s) or verse(s) you choose out of the lectionary readings for your day)**

***Your Personal reflection***

*It could be in the form of a comment, a personal story, poem, or reflection on the passage. You could choose to pose questions to the text relevant to our lives or/and the world today.*

***(Between 100 and 300 words)***

**Prayer:** \_\_\_\_\_

\_\_\_\_\_  
*(a short prayer to close your reflection )*