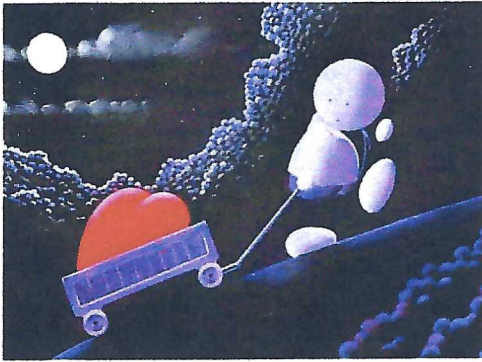


LIGHTENING OUR HEARTS



*When we find ourselves in the space
of the heavy heart,
may we be blessed with awareness of these feelings,
Trusting that we are not alone in carrying this
burden.*

*When we take time to honor our hearts,
may we remember the Mystery of Life,
Where we have deep within our beings
all the courage and resiliency
to grow strong in the broken places
of our lives.*

*“What gets us past coping and survival is the
presence of those who care---a healing
community.” ---J. Schneider*



*Each time we experience healing in our hearts,
may we be grateful
for all of what life has gifted us;
And walk on with a heart that is free and open
to the surprises and wonders of each
moment.*