

# 2010 Global Healing

## Theme: A Call for Courage

*Courage is a kind of salvation. ~Plato*



**July-August-September**

## Focus: Patience

### Quote:

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.  
—John Quincy Adams

Picture/symbol: Clouds and sky

Color: Blue

### Prayer

*Life-Giver, Compassionate Companion, over and over you teach us about the process of inner growth: to have patience with all things but chiefly have patience with ourselves. Regardless of how much patience we have, we would prefer never to use it.*

*You advise us that patience cannot not be acquired overnight. It is just like building up a muscle. Everyday we need to work on it.*

*You encourage us to not lose courage but to instantly set about to transform our impatience--- everyday begin the task anew.*

*Life-Giver, support and guide us in our daily practice of patience. Open our hearts to understand that patience makes lighter what sorrow cannot heal. Patience is the art of caring slowly.*

*We are grateful.*

—Jo Ann Mast

### Flyer

#### Ideas for benefiting organization:

Local Food Banks

#### Ideas for ambiance:

#### Music

“Secret Gardens: Songs From A Secret Gardens” by Mercury; “Celtic Spirit” by Narada Collection Series; “Chartres: The Path of the Soul” by Catherine Braslavsky Ensemble