

# Global Healing Response Quarterly

## 2016 Theme: **Stability**

“The world is beautiful outside where there is stability inside.”

—*Unknown*



## July-August-September

### Focus: **Stamina**

**Quote:** “It does not matter how slowly you go as long as you do not stop.” —Confucius

**Picture/Symbol:** Mountain (Photo by The Rev. Warren Lynn)

**Color:** Green

#### **Prayer/Meditation:**

##### **Perseverance**

Perseverance is a choice. It is not a simple, one time choice.

It's a daily one. There's never a final decision.

Our first “yes”----filled with energy and enthusiasm----brought us here,

but it's no use as the waters rise and the turbulence increases.

By the time we're surrounded by obstacles and opposition, by aggression and and mean-spiritedness, our initial choice has no meaning.

Having to make a choice everyday, keeps us alert and present.

Do I have the resources, internal and external, to keep going?

Can I deal with what's in front of me right now?

Do I have any patience left? Is there a way through this mess?

These critical questions require a momentary pause, a little reflection.

Rather than striking out or being reactive to a bad day, we offer ourselves freedom.

Do I continue or do I give up? Even a brief pause creates the space for freedom.

We're not trapped by circumstances or fatigue.

We give ourselves a moment to look as clearly as we can at the current situation.

**And then we make a conscious choice-----Every Day**

—*Veriditas Master Teacher, Jo Ann Mast*

**Ideas for benefiting organization:** Organizations like the Red Cross who have been around to support us for a long time, who have endured through good and bad times.

**Ideas for ambiance:** Large or small bowls of water with floating flowers or colorful rocks in small/large bowls (or other containers) with water.

**Music:** Music: Drums, rattles, chimes walkers can bring to play when walking or CD “Ashana: All is Forgiven” or “Chartres – Path of the Soul” by Catherine Braslavsky.