

Global Healing Response Quarterly

2021 Theme: **Grace**

“Virtue and genuine graces in themselves speak what no words can utter.”
-William Shakespeare



April-May-June

Focus: **Kindness**

Quote: "Do everything with gentleness, with kindness, with reverence. That is how Grace moves; that is how Love dances." —Heather K. O'Hara

Picture/Symbol: A spring flower that so gracefully appears after a bleak winter

Prayer/Meditation:

Kind hearts are the gardens,
Kind thoughts are the roots.
Kind words are the blossoms,
Kind deeds are the truth.
--19th century rhyme

(Kindness isn't complicated)

Ideas for benefiting organization: Donate to your community in a way that is meaningful to you or your labyrinth group. Women's shelter? Food bank? Is there a friend that could use a homemade dinner? Perhaps just a random act of kindness every now and then?

Ideas for ambiance: I love the idea of painting stones with a simple labyrinth and gifting them to your labyrinth walkers. Sometimes a small token can mean so much when given with kindness. River rocks can be purchased at most craft supply stores. A permanent marker and then a coat of clear finish (optional) makes them shine.

Music: Amazing Grace Harp Music: <https://www.youtube.com/watch?v=tm4WwrrpBrOk>

