

Global Healing Response Quarterly

2021 Theme: Grace

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

October-November-December



Focus: Welcome

Quote: “When grace moves in...guilt moves out.” --Max Lucado

Picture/Symbol: The Grace of nature that allows, adapts, and welcomes constant change.

Prayer/Meditation:

The Welcome Prayer, by Thomas Keating

Welcome, welcome, welcome.

*I welcome everything that comes to me today
because I know it's for my healing.*

*I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.*

I let go of my desire for power and control.

*I let go of my desire for affection, esteem,
approval and pleasure.*

I let go of my desire for survival and security.

*I let go of my desire to change any situation,
condition, person or myself.*

*I open to the love and presence of God and
God's action within. Amen*

Ideas for benefiting organization: A Homeless Shelter near your home.

Ideas for ambiance: Greet your labyrinth walkers with a welcoming token that shows you are happy they are there. A meditation rock with a labyrinth painted on it? If you have your own labyrinth, invite a few friends over to walk together. Or, Zoom with a few friends and do a finger labyrinth walk.

Music: It bears repeating- Amazing Grace Harp Music:

<https://www.youtube.com/watch?v=tm4WwrpBrOk>