



Global Healing Resources Quarterly Intention

2025 Theme: **Authenticity**

“Hard times arouse an instinctive desire for authenticity.”

—Coco Chanel

April-May-June

Focus: Grit



Quote: “Over time, grit is what separates fruitful lives from aimlessness.” — John Ortberg

Picture/Symbol: Flower growing from a rock

Prayer/Meditation:

I step forward with a heart that is determined,
a spirit that refuses to give up,
and hands that will continue to work until the end.
I ask not for an easy path,
but for the strength to walk through every storm,
for the wisdom to find my way when the road is unclear,
and for the courage to keep moving forward,
even when the weight is heavy.
May I have the grit to rise each time I fall,
the patience to endure,
and the unwavering faith that I can persevere,
even in the darkest moments.
Help me to remember that with every trial,
I am being refined,
and that my struggles will not be in vain.
Grant me the endurance to keep walking,
not because the journey is simple,
but because I know I am never alone.

Ideas for benefiting organization: Malala Fund- <https://malala.org>

The Malala Fund advocates for girls' education, especially in regions where access to education is limited. It is inspired by Malala Yousafzai's personal survival after being attacked for pursuing her education, the organization fights for education rights in politically challenging environments.

Ideas for ambiance: Natural beeswax candles in concrete or iron holders for a grounded, organic feel.

Music: Ólafur Arnalds - "Saman" A tranquil blend of strings and piano with underlying resilience.

https://music.youtube.com/watch?v=XmHs_sMDueA&si=64PJM9Ap0wIA3J4

Earth Day is April 22, 2025 World Labyrinth Day is May 3, 2025