

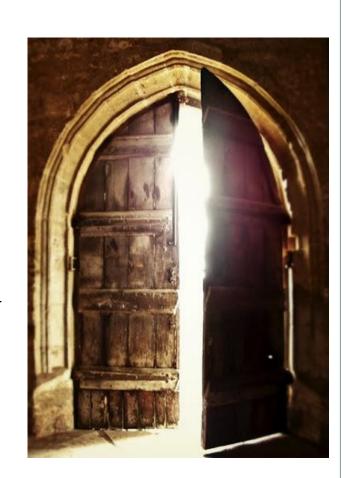
#### A Blessing of Welcome and Peace

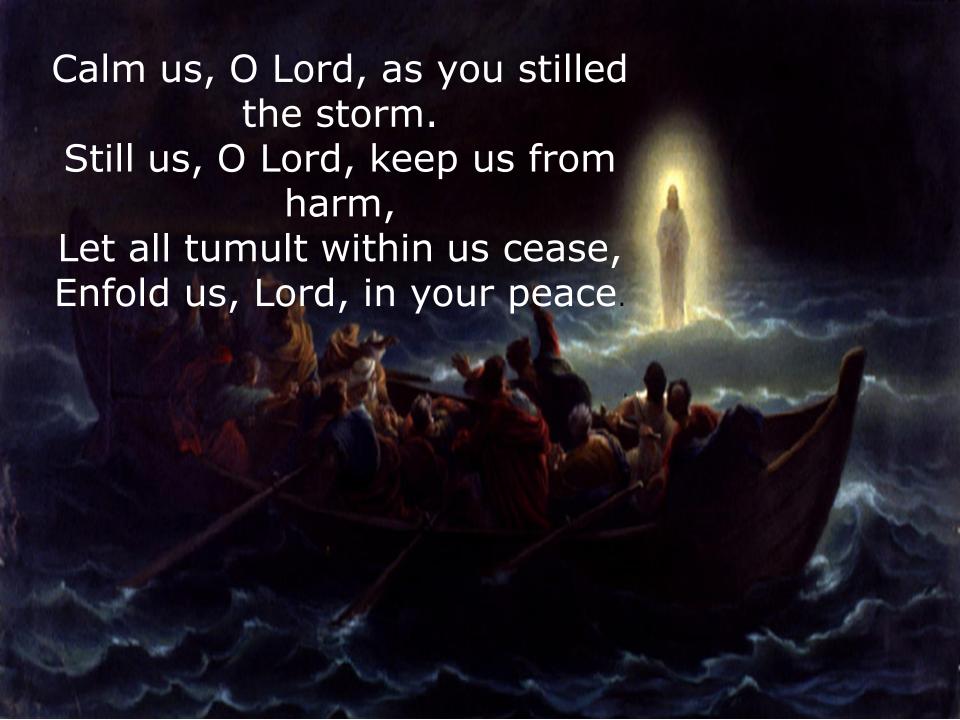
Heavenly Father,

Every day is a new day that has never been before,
This year is a new year, the opening door.

Enter, Lord Jesus Christ-we have joy in Your coming,

You have given us life, and we welcome Your coming.

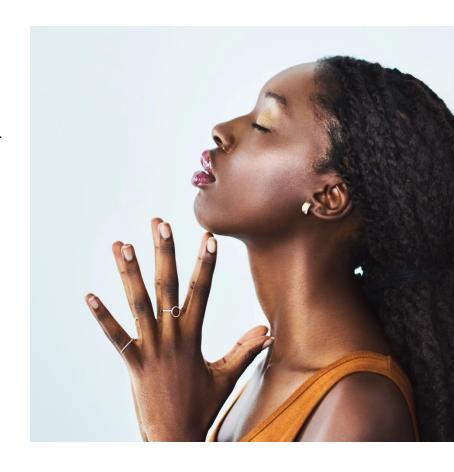




We turn now to face you, we lift up our eyes,

Be blessing our face, Lord Be blessing our eyes. May all our eye looks on Be blessed and be bright

Our neighbors and loved ones,



Be blessed in Your sight.









WINNER 2020 International Book Awards

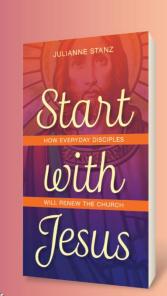
MEDALIST 2020 Catholic Press Association Book Awards

MEDALIST 2020 Association of Catholic Publishers' "Excellence in Publishing Awards"

DISTINGUISHED FAVORITE 2020 Independent Press Awards

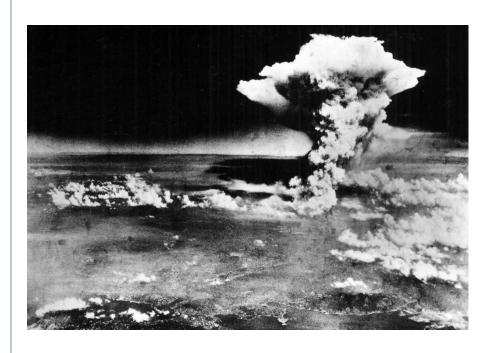
MEDALIST 2020 Illumination Book Awards

FINALIST 2019 Best Book Awards





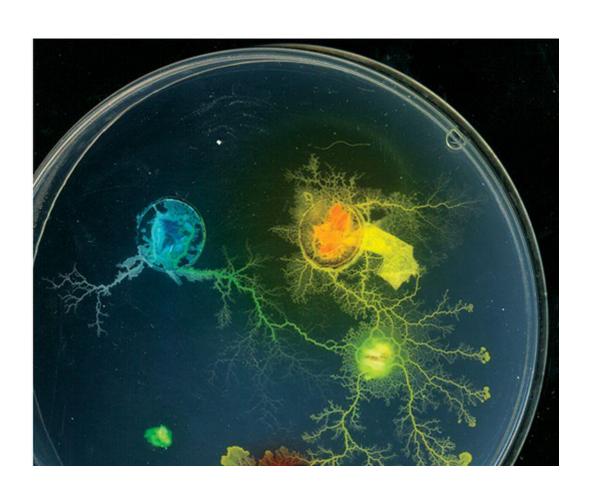
# The Great Pause of 2020







# The "Living Cells"





"...and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love" Ephesians 3:17



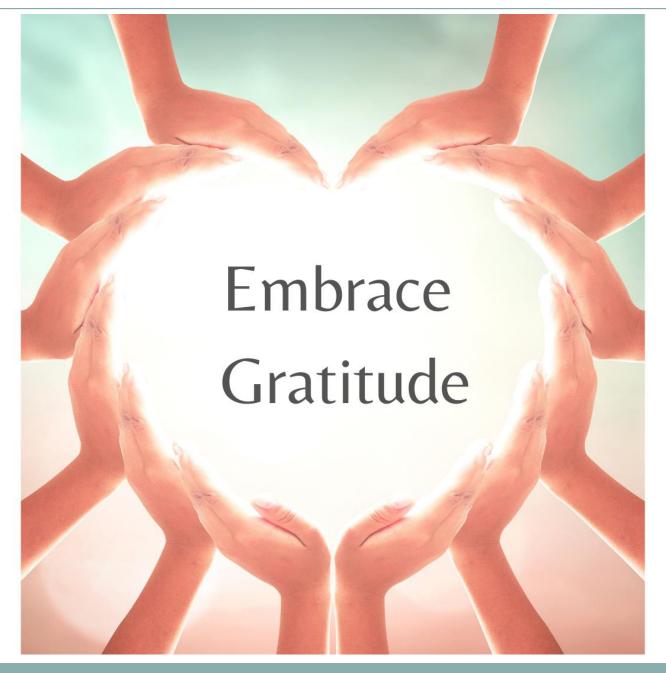
G- Gratitude

R- Release Regrets

A- Acceptance

C- Cultivate Radical Hospitality

E- Embrace Stillness



# Lent and Dealing with your Junk







The heart of blessing is gratitude for the other.

### Gratitude allows us to see with God's eyes



#### I See God in You















# The Old Healer to the Soul

"It's not your back that hurts, but the burden.

It's not your eyes that hurt, but injustice.

It's not your head that hurts, it's your thoughts.

Not the throat, but what you don't express or say with anger.

Not the stomach that hurts, but what the soul does not digest.

It's not the liver that hurts, it's the anger.

It's not your heart that hurts, but love.

And it is love itself that contains the most powerful medicine"







#### Gratitude is Eucharist





