

Monthly Theme: Inclusion

July 4 & 5: Connection

“So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up.”

~ Galatians 6:9

Inner strength is powerful—when we remember it comes from something more, something beyond the self. Connection within a community creates the conditions for drawing on that power. We don't give up when we don't give up on each other.



Invitation to Connection

Center with: You never give up on me, El Shaddai. When I'm weak, I am strong because others don't give up on me. My intention: accept the strength of others.

Breathe In:

My life and work matters.

Breathe Out:

I am worthy of connection.



Reflection:

Have you given up on something important to you? on yourself? Write about this here.

Is it difficult to accept that you need help? Discuss your answer in writing here, or with someone (write the name of this someone here):

My intention to admit to needing help today is: