

A bookmark or pocket card:



The Widow Walk

My Disciplines:

- > Be thankful
- > Help someone else
- > Share myself
- > Enjoy my tasks
- > Accept my grief
- > Lift up my eyes...
- > Care for my holistic self

My prayer:

Dear Lord, especially in our suffering, may we draw closer to you, through our Relationship with each other in your Love, and as guided by your Light to find your Healing Peace.

—Amen

Be encouraged!

- > The Light is God's Truth, guiding us, ...as we allow.
- > The compass rose is our self-discipline with which to navigate properly, ...and without which the Light is useless and unfulfilled, ...so powerful is our gift of free will...



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