



Art by George J.

**“God's gift to us is love,  
and that we shall always  
have in abundance.”**

Al, 1982

## Questions

Who and what helps you hold steady when times are rough?

When have you offered someone shelter or protection when they needed help?

When has someone offered you shelter or protection when you needed help?

## Reflection

It's easy to feel overwhelmed. The sea is so big; our boat seems so small. But love is always there, even when we're unaware. The love of others and of a holy spirit—however you understand this to be—can help anchor you, so you can weather the storms that arise. Today, look at your surroundings with a renewed awareness of the love that holds and protects you, even in your darkest hour.