

“I have found that the **ONLY** antidote to grief, suffering and despair is **LOVE & SERVICE, & MORE loving service...reaching out and genuinely CARING** about those who others pass by.”

Jeri, 2002



Art by John S.

Reflection

There is no other. There is only us. When you care for another you care for yourself. See your own face—and the faces of those you love—in all those you pass by today. Ask yourself—what gift might they have for me and I for them? These gifts come from our pain and our joy. What lessons might we learn and share? How are our lives bound together? Recognize and give thanks to the connections that surround us.

Questions

What is a valuable lesson you learned from a stranger?

Reflect on a time you received a gift from a stranger.

What is the most memorable gift you ever received? Why?