

On This Day

GRIEF
SPACE
Support Practices Adapted FOR THIS Challenging Era



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On this day,

may I be present

to the miracle of being alive.

May I reach out to those who are suffering

and may I use my voice as a force for good.

May I have the courage to do what is right, not what is easy.

May I have the strength to shine a light in the darkness.

May I not distance myself from myself.

