



***I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well. Psalm 139***

*she*  
MADE A  
*promise*  
TO HERSELF TO  
*hold*  
HER OWN  
WELL-BEING  
*sacred*

The Precious Present: *If depressed-in past; if anxious-in future.*

Simply BE with God: *You are always enough.*

Banish Distractions: *Too much stuff!*

Schedule Sacred Times: *Treat the most important person(s) in your life....*

Seek & Celebrate Beauty: *Let your eyes continually fall upon beauty.*

Breathe: *In with the Good--out with the bad.*

Be Grateful: *Thanks be to God!*

Be Humble: *You are not Holy Spirit Jr.*

Let Go: *What are you saving it for? Bear Hugs Kettle.*

Sayings/Mottos: *Four little words; Everyone has a story; Put away the boxing gloves.*

Honor God's Surprises: *Really God?!*

Wait for God's Timing: *Give the Holy Spirit Elbow-Room*

Community: *Communion of Saints, saints, colleagues, Spirit-sisters & brothers*

Prioritize Self-Care: *What is good for you will be good for others.*

### Resources

Harp Music: <http://www.musicalreflections.com/home/>; <https://www.youtube.com/watch?v=buKxd0XyGqs>

Belly Breathe Video: <https://www.youtube.com/watch?v=mZbzDOpyIA>

Stillness-Centering Prayer: <http://www.norbertines.org/programs.html#centeringPrayer>

Letting Go: Praying Our Goodbyes, by Joyce Rupp; <http://www.joycerupp.com/index.htm>

Litany of Trust: <http://www.sistersoflife.org/litany-of-trust>

Litany of Mary of Nazareth: <http://pallottinesisters.org/journey/Litany%20of%20Mary%20of%20Naz.pdf>

Novena to the Holy Spirit Free booklets: <http://www.aoths.org/novena-to-the-holy-spirit.aspx>

Mary Armbrust: Pastoral Care and Ministry Coordinator, Diocese of Green Bay  
[marmbrust@qbdioec.org](mailto:marmbrust@qbdioec.org) 920-272-8300