



# Reach Out and Touch – Somebody's Hand

Presented by Stop Breathe Believe® & Dianne Morris Jones



**Let's invite some time for ourselves here...**

**If possible, take a few minutes to look at the top of your hands. What would it feel like if we gazed at our hands with compassion? What is the history of our hands? Do they hurt? Do they struggle? Do they long for touch? Maybe there is a ring or tattoo that adorns your hands that holds meaning. Maybe not. Maybe you have critical judgments about your hands.**

**This month, as we focus on Reach Out and Touch – Somebody's Hand, I will be sharing images of hands – loving hands, time-worn hands, little hands, hands that work hard, hands that are tender and precious, hands demonstrating love. Along with these images, I will be sharing various quotes and thoughts to ponder. May we be inspired and encouraged to love deeply and to reach out and touch another in a caring and meaningful way.**

## Day 1

“There is no exercise better for the heart than reaching down and lifting people up.”

– John Holmes

How might we reach out and touch someone’s hands and heart today? What small act of kindness can I share with another? What huge act of kindness can I share with another.



## Day 2

“You never know when a helping hand will change another person's entire life.”

- Zig Ziglar

How might our helping hand execute a change in another life?  
How can the ripple effect of kindness and compassion be shared with another today? What might that look like for today?



### Day 3

“Sometimes, reaching out and taking someone’s hand is the beginning of a journey. At other times, it is allowing another to take yours.”

– Vera Nazarian

What a special and precious moment to share at Jill’s wedding as she and Brent embark upon their journey of a marriage to one another in Nepal. A wedding is a remarkable moment in time.

When has been a remarkable moment in time when we have reached out for another’s hand as we begin a journey? When has been a time that we have had the courage to invite another to take our hand in support of their journey?



## Day 4

“The hand is the visible part of the brain.”

– Immanuel Kant

How powerful when our mind invites us to move in a way toward kindness and love both do ourselves and others. I suppose when our mind speaks we are best served if we listen carefully with our heart and allow that love to move through our hands....and maybe even take notes!



## Day 5

“If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people.”

– Thich Nhat Hanh

The image you see is my precious Mom’s hand on my knee. One day as I was visiting her in her assisted living home, she reached over and put her hand on my knee and said, “Dianne, I am so glad you are here.” I responded, “Me too, Mom.” As I look at her hands, I see years of love and labor and totally unselfish care extended to my Dad, my sisters, our husbands, our children. This image, this moment, is a gift I will cherish.

May we take a moment to gaze at our own hands and reflect of the love we share. May we take a moment to look at others we do life with and reflect upon the beauty of what we can share with one another.



## Day 6

“In joined hands there is still some token of hope, in the clenched fist none.”

– Victor Hugo, *The Toilers of the Sea*

How might we join hands with one another today? In our work? In our home? In our family? In our play? How might we release the clenched fist – if only to feel the relief, the freedom of joining with another for a moment?





## Day 7

“There is nothing more beautiful than a vulnerable heart in open hands.”

– Amanda Mosher

When has been a time that our heart has been vulnerable and we were held by another with open hands? Can we recall the beauty and significance of that moment? May we be inspired to reach out and touch another with the gifts we have been given.



## Day 8

“A friend is a hand that is always holding yours, no matter how close or far apart you may be.”

– Author unknown

Often our relationships may be long distance and yet there are so many ways of staying connected. What are some ways that we might reach out to another today through a phone call, an email, a text?



## Day 9

“The difference between a helping hand and an outstretched palm is a twist of the wrist.”

– Laurence Leamer

The pandemic experience has offered many trials and adjustments for us all. The experience has also offered us many lessons to learn. In this image, Roger is getting his temperature checked as we are entering an airport checkpoint in Nepal for Jill’s wedding at the very beginning of the pandemic. Of course, a spiked temperature would have re-directed plans for any one of us.

When has a helping hand been offered to us? When have we had an outstretched palm in need?



## Day 10

“Often the hands will solve a mystery that the intellect has struggled with in vain.”

– Carl Jung

How might we offer our hands in prayer to the Divine? How might we move forward in faith – the mystery of not always “knowing”?



## Day 11

“If you ever need a helping hand you’ll find one at the end of your arm.”

– Yiddish proverb

How might we be invited to help another today?



## Day 12

“The mind has exactly the same power as the hands; not merely to grasp the world, but to change it.”

– Colin Wilson

May our minds be invited to think compassionately in a way that can allow for change of heart towards one another.



## Day 13

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

– Leo Buscaglia

As a woman is teaching a child in this image, how might we reach out and teach another through the doing, the modeling, the being of who we are in our ordinary and important moments of today?



## Day 14

“In art, the hand can never execute anything higher than the heart can imagine.”

– Ralph Waldo Emerson

What is it that our creative hearts might imagine today? How might we execute this imagining? What risk and vulnerability might that require of us?



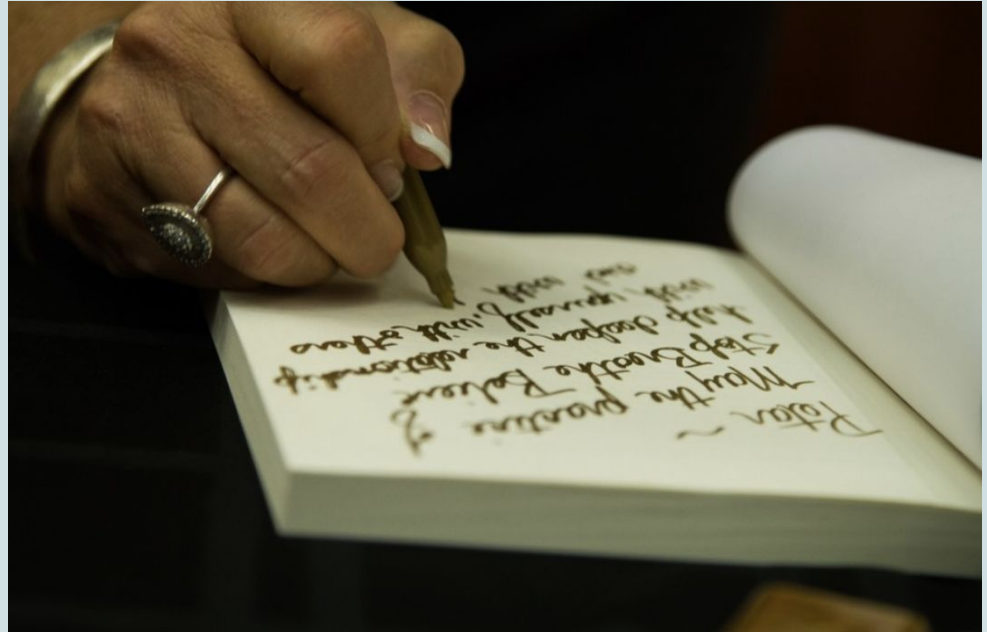


## Day 15

“The final forming of a person’s character lies in their own hands.”

– Anne Frank

May we reflect on the power of our hands in shaping a moment, a memory, a touch. May our character line up with our highest vision of our values.



## Day 16

“I don’t know where my road is going, but I know that I walk better when I hold your hand.”

– Alfred de Musset

Who do we reach out toward in the uncertainty of not knowing about our journey?



## Day 17

“...we find only one tool, neither created nor invented, but perfect: the hand of man.”

– Julio Ramon Ribeyro

May we be grateful for our hands today. For those of us with no hands, hurting hands, hands changed by injury; may we feel the touch of tenderness from others today of acceptance – of reaching out – of kindness and empathy



## Day 18

“It is in your hands to create a better world for all who live in it.”

– Nelson Mandela

The image you see is of a woman we met along the trail while hiking in Nepal. Although we didn't share the same language, I could ask her permission to take her picture. She seemed elated and what she could share of her beautiful daughter to the world. The hands of care and compassion that a Mom gives to her child is something we *could* share. Her hands offer care and safety for her daughter in very harsh conditions. I believe she could sense my support and encouragement for her in my eyes and my smile.

How might we support others today with our hands, our eyes, our smile?



## Day 19

“The love you’re looking for is found in the last place you’d look: in the valleys, and in the pits, and when everything else gives way – and one person reaches out and gives you their hand.”

– Ann Voskamp

The image today is of a moment of celebration of care and encouragement! Buddy Up Fitness is a program brought to Dallas by my precious friend, Cheryl Rosen Halern. Cheryl and I have been friends since high school. Cheryl is a woman of great character with a passion for Buddy Up Fitness and Buddy Up Tennis. Check out their website: [buddyupforlife.org](http://buddyupforlife.org). This program is a true example of reaching out and touching somebody’s hand!

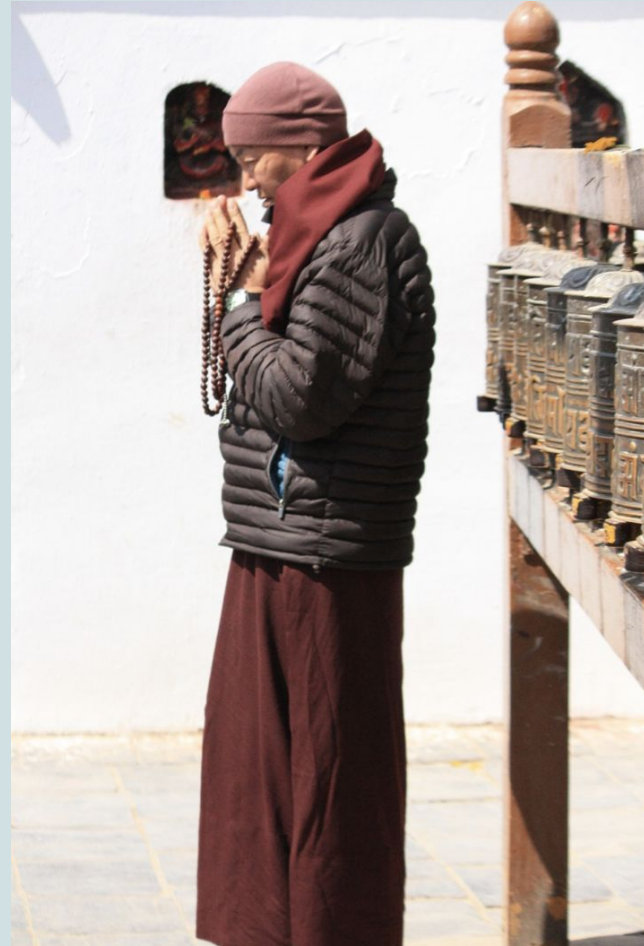


## Day 20

“Dear God, I am so afraid to open my clenched fists! Who will I be when I have nothing left to hold on to? Who will I be when I stand before you with empty hands? Please help me to gradually open my hands and to discover that I am not what I own, but what you want to give me. And what you want to give me is love—unconditional, everlasting love. Amen.”

– Henri Nouwen

May our prayer be that we could open our hearts and our fists – tenderly and softly to others.



## Day 21

“To pray means to open your hands before God.”

– Henri Nouwen

What might our prayer be today in opening our hands?



## Day 22

“If we choose to journey on the path of truth, it then becomes a sacred duty to walk hand in hand with beauty.”

– John O’Donohue

What beauty this artist was creating! The artists in Nepal spend many hours and many days and many weeks to create the beautiful art. What perseverance, what creativity, what beauty....

How might we see and experience beauty today?





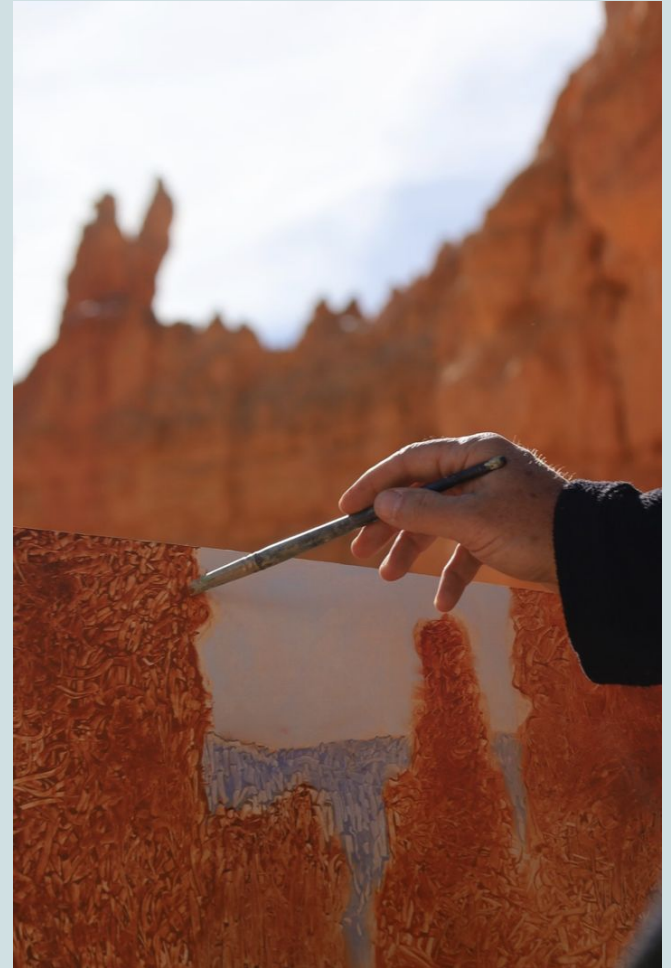
## Day 23

“Touch and the world of touch bring us out of the anonymity of distance into the intimacy of belonging. Humans use their hands to touch—to explore, to trace, and to feel the world outside of them. Hands are beautiful. Kant said that the hand is the visible expression of the mind. With your hands, you reach out to touch the world. In human touch, hands find the hands, face, or body of the Other. Touch brings presence home... The energy, warmth, and invitation of touch come ultimately from the divine. The Holy Spirit is the wild and passionate side of God, the tactile spirit whose touch is around you, bringing you close to yourself and to others.”

- John O'Donohue

As we were hiking in Bryce Canyon, Utah, we came upon this artist creating this beautiful image of the magnificence of what he saw. His trained and talented hands were at work in such a beautiful way.

How can we receive the invitation to the intimacy of belonging?



## Day 24

“In the absence of touching and being touched, people of all ages can sicken and grow touched starved. Touch seems to be as essential as sunlight.”

– Diane Ackerman

After this artist was finished with this glass blowing project, we were able to discuss with him the creativity and passion behind his work. He was so empowered by the reality of a slight change in his hand position could create such a change in the product.

How might we make a slight change in the powerful use of our hands to create beauty around us?



## Day 25

“The hand is the tool of tools.”

– Aristotle

How might we “use” the tool of our hands to love another today in a compassionate way?



## Day 26

“He who works with his hands and his head and his heart is an artist.”

– Francis of Assisi

The hands of musicians give us such a gift. How might we take time to appreciate the hands of a musician today?

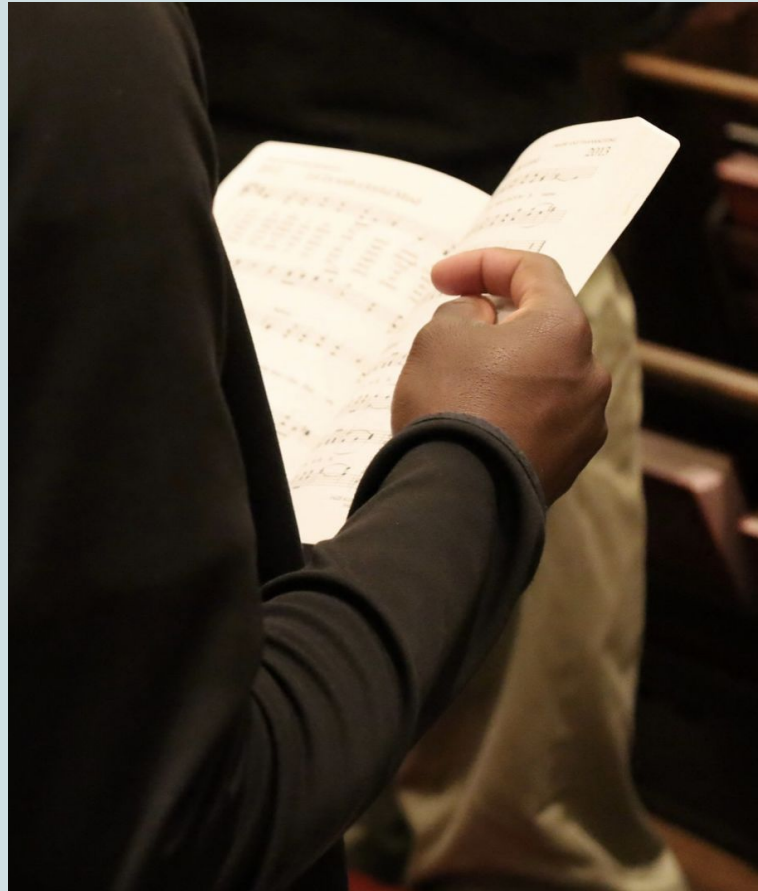


## Day 27

“Now join your hands, and  
with your hands your hearts.”

– William Shakespeare

How might we join our hands  
with our hearts today?



## Day 28

“Upon the palms of my hands I have written your name.”

- Isaiah 49:16

How might we reflect on the palms of our hands? What do we see written there?



## Day 29

“Nothing is so healing as the human touch.”

– Bobby Fischer

How might we reach out and touch somebody’s hand today?



## Day 30

“Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth.”

– Margaret Atwood

May we reflect on the beauty and the deliciousness of touch today. The artistry and beauty of this candy maker’s hands were beautiful to watch.

What might be a way that our hands could be delicate and tender in our touch?





## Day 31

“Touch has memory.”

– John Keats

The image today is of a precious moment as we were teaching our granddaughters the song by Diana Ross, Reach Out and Touch Somebody’s Hand. We gathered around the silver, hammered metal coffee table in our den with the idea that we wanted to teach them something special. We then asked our smart speaker to play that song with instructions to the girls that we would listen quietly to hear the words and the meaning of the song as we held hands. The girls were eager to participate in our endeavor. After listening to the song, we turned off the music and all four of us instantaneously began singing and swaying and holding up our hands in a sweet moment of collective play, understanding and care for one another. What we did not capture in the photo, is at the end of our singing, our silver lab, Sterling, spontaneously reached up and added her paw to the circle of joined hands. We all noticed and laughed at Sterling’s desire to be included in the moment.

