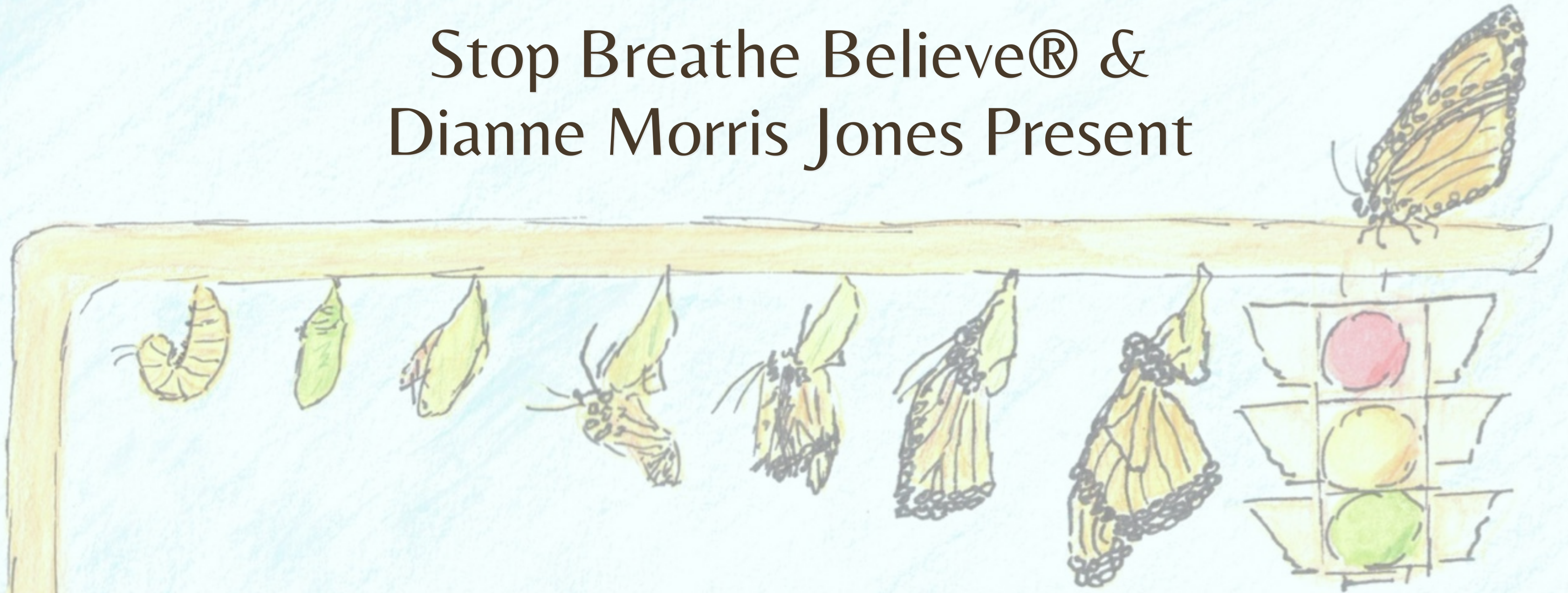


Stop Breathe Believe® &  
Dianne Morris Jones Present



The Metamorphosis of Hope  
and Presence and Beauty

## A Blessing for Presence

May you awaken to the mystery of being here and  
enter the quiet immensity of your own presence.

May you have joy and peace in the temple of your senses.

May you receive great encouragement when new frontiers beckon.

May you respond to the call of your gift and find the  
courage to follow its path.

May the flame of truth free you from falsity.

May warmth of heart keep your presence aflame  
and may anxiety never linger about you.

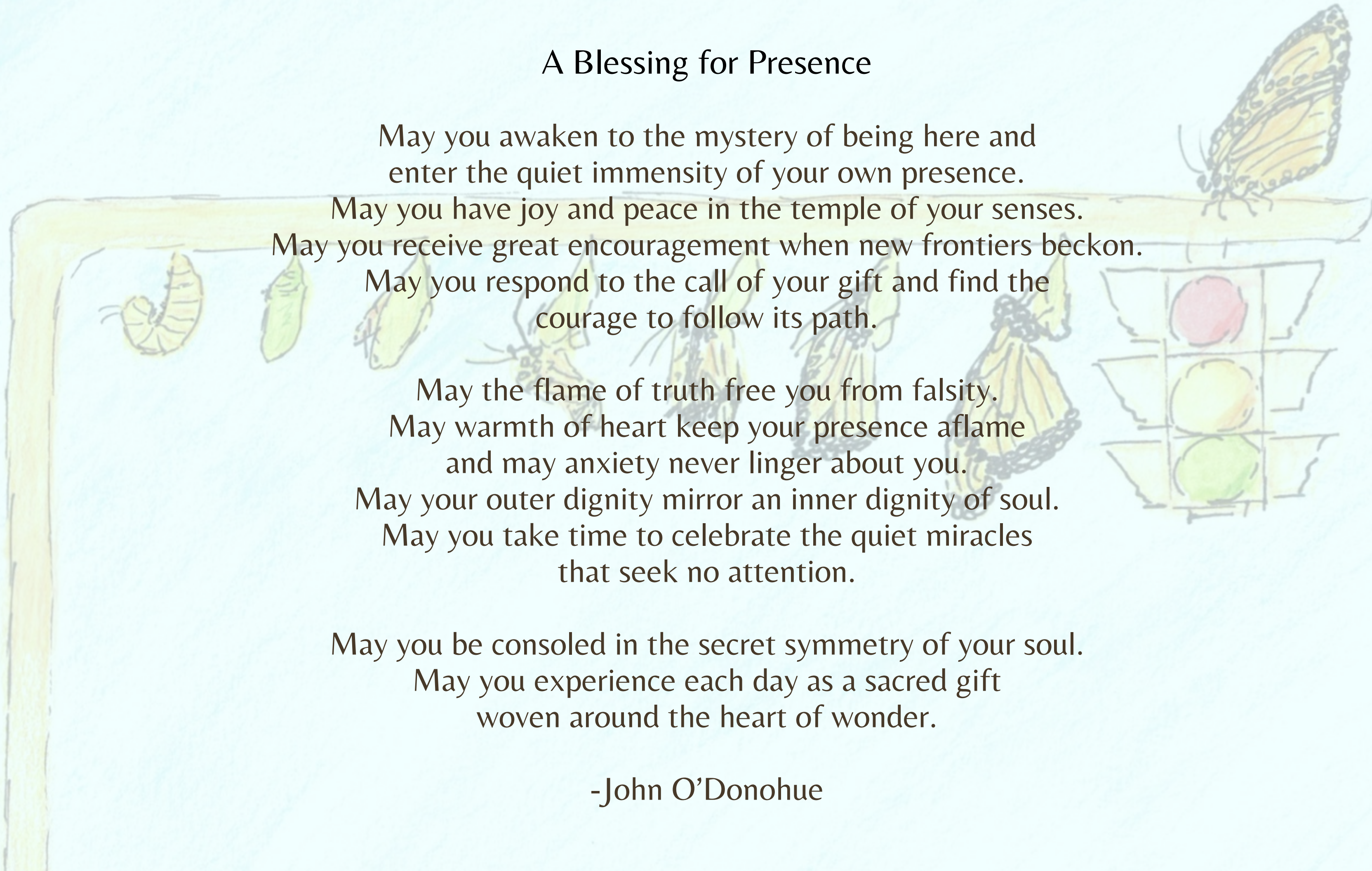
May your outer dignity mirror an inner dignity of soul.

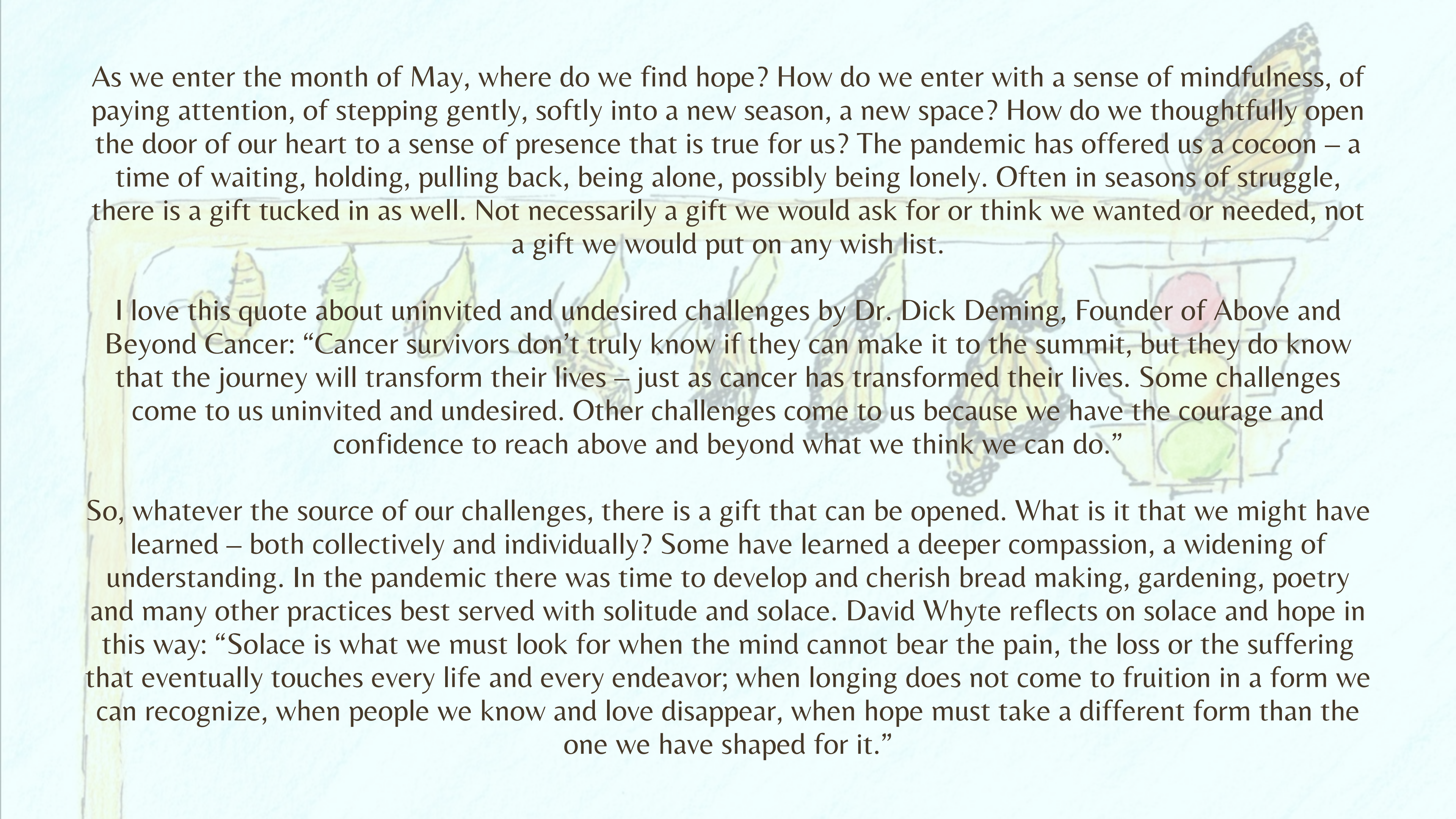
May you take time to celebrate the quiet miracles  
that seek no attention.

May you be consoled in the secret symmetry of your soul.

May you experience each day as a sacred gift  
woven around the heart of wonder.

-John O'Donohue





As we enter the month of May, where do we find hope? How do we enter with a sense of mindfulness, of paying attention, of stepping gently, softly into a new season, a new space? How do we thoughtfully open the door of our heart to a sense of presence that is true for us? The pandemic has offered us a cocoon – a time of waiting, holding, pulling back, being alone, possibly being lonely. Often in seasons of struggle, there is a gift tucked in as well. Not necessarily a gift we would ask for or think we wanted or needed, not a gift we would put on any wish list.

I love this quote about uninvited and undesired challenges by Dr. Dick Deming, Founder of Above and Beyond Cancer: “Cancer survivors don’t truly know if they can make it to the summit, but they do know that the journey will transform their lives – just as cancer has transformed their lives. Some challenges come to us uninvited and undesired. Other challenges come to us because we have the courage and confidence to reach above and beyond what we think we can do.”

So, whatever the source of our challenges, there is a gift that can be opened. What is it that we might have learned – both collectively and individually? Some have learned a deeper compassion, a widening of understanding. In the pandemic there was time to develop and cherish bread making, gardening, poetry and many other practices best served with solitude and solace. David Whyte reflects on solace and hope in this way: “Solace is what we must look for when the mind cannot bear the pain, the loss or the suffering that eventually touches every life and every endeavor; when longing does not come to fruition in a form we can recognize, when people we know and love disappear, when hope must take a different form than the one we have shaped for it.”

# Metamorphosis

*Day 1:* “Could it be that trees are sung into blooming each spring as birds gather open-throated on their long dark branches? Or perhaps it is the birds who only sing once they feel the branches humming beneath their tiny feet And what of me? Do I sing because the world is impossibly in blossom? Or do I flower because I hear the ancient song?”  
– Christine Valters Paintner

*Day 2:* “A friend is one that knows you as you are, understands where you have been, accepts what you have become and still gently allows you to grow.” – William Shakespeare

*Day 3:* “Hope is being able to see that there is light despite all of the darkness.” – Desmond Tutu

*Day 4:* “The new dawn blooms as we free it. For there is always light if only we’re brave enough to see it, if only we’re brave enough to be it.” – Amanda Gorman

*Day 5:* “Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.” – Albert Einstein

*Day 6:* “Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it.” – Barack Obama

*Day 7:* “The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.” – Barbara Kingsolver

*Day 8:* “When you’re at the end of your rope, tie a knot and hold on.” –Theodore Roosevelt

*Day 9:* “Many eyes go through the meadow, but few see the flowers in it.”  
– Ralph Waldo Emerson

*Day 10:* “Spring is nature’s way of saying, ‘Let’s party.’” – Robin Williams

*Day 11:* “The deep roots never doubt that spring will come.” – Marty Rubin

*Day 12:* “A flower blossoms for its own joy.”  
– Oscar Wilde

*Day 13:* “If winter comes, can spring be far behind?” – Percy Bysshe Shelley

*Day 14:* “Blossom by blossom the spring begins.” – Algernon Charles Swinburne

*Day 15:* “Despite the forecast, live like it’s spring.” – Lilly Pulitzer

*Day 16:* “Some old-fashioned things like fresh air and sunshine are hard to beat.”  
– Laura Ingalls Wilder

*Day 17:* “Can words describe the fragrance of the very breath of spring?” – Neltje Blanchan

*Day 18:* “Flowers are the music of the ground. From earth’s lips spoken without sound.”  
– Edwin Curran

*Day 19:* “Almost every person, from childhood, has been touched by the untamed beauty of wildflowers.” – Lady Bird Johnson

*Day 20:* “Just living is not enough...one must have sunshine, freedom and a little flower.”  
– Hans Christian Andersen

*Day 21:* “Love is the flower you’ve got to let grow.” – John Lennon

*Day 22:* “Life is the flower for which love is the honey.” – Victor Hugo

*Day 23:* “Where flowers bloom, so does hope.”  
– Lady Bird Johnson

*Day 24:* “Spring: a lovely reminder of how beautiful change can truly be.” - Anonymous

*Day 25:* “It’s spring again! The earth is like a child that knows poems by heart.”  
– Rainer Maria Rilke

*Day 26:* “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” – Romans 15:13

*Day 27:* “Now faith is the assurance of things hoped for, the evidence of things not seen.”  
– Hebrews 11:1

*Day 28:* “Our task must be to widen our circle of compassion, to embrace all living creatures and the whole of nature in its beauty.”  
– Albert Einstein

*Day 29:* “In my own life, as winters turn into spring, I find it not only hard to cope with mud but also hard to credit the small harbingers of larger life to come, hard to hope until the outcome is secure. Spring teaches me to look more carefully for the green stems of possibility; for the intuitive hunch that may turn into a larger insight, for the glance or touch that may thaw a frozen relationship, for the stranger’s act of kindness that make the world seem hospitable again.”  
– Parker Palmer

*Day 30:* “Hope is a function of struggle. If we’re never allowed to fall or face adversity as children, we are denied the opportunity to develop the tenacity and sense of agency we need to be hopeful.” – Brené Brown

*Day 31:* “Hope is not just one single quality or promise. Hope has to do with believing beyond today – knowing there’s a garden of beauty that awaits me.” – Joyce Rupp

*Day 32:* “Hope means to keep living amid desperation and to keep humming in the darkness.” – Henri Nouwen

# Unending Hope

A baby dove sits on our porch  
A runner this summer  
will carry the torch

A child, teen, and adult  
learning anew—  
maturity and growth emerge  
and shine through

But—  
People go hungry  
Long disputes linger on  
Ailments come  
Racism's not yet gone

So go our everyday affairs  
each ours to explain,  
as we dare

From whence comes hope,  
I can't be sure  
but hope will not end,  
hope will endure

- Roger Jones

