



Our reflection today comes to you, thanks to Rita Welch, CSJ

It takes courage to be, to live, to breathe.

It takes courage to work, to strive, to achieve

It takes courage to love, to comfort, to grieve.

It takes courage to laugh, to sing, to believe.

With the Spirit of God within and around us, we will be courageous in all of these.

With courage, faith, hope and love, let us trust in our loving God each day and all will be well.

- Rita Welch, CSJ

Wishing you courage, vulnerability and curiosity in the days ahead! The Women's Table



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