

Daily Inspirational Journal

Volume One

Compiled by Bruce Rickard



Introduction:

Ralph Waldo Emerson was one of the most influential writers and thinkers of the 19th century in the United States. He wrote in his Journals in 1836,

“Make your own Bible. Select and collect all the words and sentences that in all your readings have been to you like the blast of a trumpet.”

Emerson was not suggesting that you make up your own religion. He meant to encourage the readers to follow the Renaissance practice of compiling favourite quotes, poems, letters, and passages into a simple book to be used for reflection and inspiration.

The Daily Inspirational Journal is a compilation of quotes from the New Living Translation of the Bible and books I have been reading.

The word inspiration, which comes from the Latin *inspiratio*, means ‘breath of God’ or ‘divine guidance.’

An inspired life is a God breathed life, resounding with meaning and purpose.

Without inspiration life becomes dreary and predictable. Everything we tackle drains us, leaving us physically spent and emotionally exhausted.

Reading is transformative. When we read, we open ourselves to thoughts and ideas that are invested with meaning, that have the power to alter the way we think and shape the way we live.

Words are inspirational:

- The words we read bring recognition, making us glow on the inside.
- The words we read bring enlightenment, opening our eyes to new possibilities.
- The words we read reveal new horizons, allowing us to touch the stars.
- The words we read bring hope, calming the restless spirit and creating a way forward.

Kevin Kaiser believes all inspiration originates beyond the mind. He says,

‘You can’t think your way to inspiration any more than a sail can make the wind blow. The mind can’t understand inspiration in the same way a sail can’t understand the wind. Despite this, the sail can still be used to gather and to harness it.’

It is my hope the Daily Inspirational Journal will nurture and nourish, galvanising your mind, stimulating your emotions, and firing your imagination.

Book List:

Holy Bible – New Living Translation (1996 Tyndale House Foundation) Special Edition - Multiple authors and translators

The Passenger – Ulrich Alexander Boschwitz

The Road – Cormac McCarthy

Hope Always – Matthew Sleeth

Christians – Greg Sheridan

No One Is Talking About This – Patricia Lockwood

The Lincoln Highway – Amor Towles

Parable of the Sower – Octavia E. Butler

Flight of the Budgerigar – Penny Olsen

The King's Speech – Mark Logue

Bullies and Saints – John Dickson

Signs of Hope – Amy Wolff

A Bookshop in Algiers – Kaouther Adimi

The Wild Silence – Raynor Winn

The Gift of Asher Lev – Chaim Potok

Treasure and Dirt – Chris Hammer

The Salt Path – Raynor Winn

Orwell's Roses – Rebecca Solnit

Wanderings: History of the Jews – Chaim Potok

No Country for Old Men – Cormac McCarthy

Reforesting Faith – Matthew Sleeth, MD.

Lenten Lands – Douglas Gresham

Beating France to Botany Bay – Margaret Cameron-Ash

The Body Keeps the Score – Bessel Van Der Kolk

Devotions – Hannah Kent

The Nature Fix – Florence Williams

***The Guide* – Peter Heller**

***The Mountains of California* – John Muir**

***The Chosen* – Chaim Potok**

***Atlas of the Heart* – Brené Brown**

***Prison Journal Volume 3* – George Cardinal Pell**

***Always Remember Your Name* – Andra & Tatiana Bucci**

***Sea of Tranquility* – Emily St. John Mandel**

***A Swim In A Pond In The Rain* – George Saunders**

***The Space Between the Stars* – Indira Naidoo**

***Urban Wild* - Helen Rook**

***In The Beginning* - Chaim Potok**

***Prison Journal Volume 1* - George Cardinal Pell**

***The Color of Water* - James McBride**

***The French Bakers' War* - Michael Whatling**

***The Last Hours in Paris* - Ruth Druart**

***I Let You Go* - Clare Mackintosh**

***Tell Me Another* - Paul Roe**

***The Magician* – Colm Toibin**

***The Strength of Hope* – Abram Goldberg**

***The Ministry for the Future* – Kim Stanley Robinson**

January

1

‘Let there be light.’ Genesis 1:3 (NLT – New Living Translation)

‘despoliation of one’s identity’ – spoiling, pillaging, plundering

‘It is because I understand, he thought unhappily, that I despair.’

***The Passenger* – Ulrich Alexander Boschwitz**

2

‘What joy for all who find protection in him.’ Psalm 2:12 (NLT)

‘He had been ready to die and now he wasn’t going to, and he had to think about that.’

***The Road* – Cormac McCarthy**

3

Do less but do better.

‘Your old men will dream dreams.’ Acts 2:17 (NLT)

‘*travois*’ - dray sled. Used for carrying loads overland. Consists of two wooden poles with a platform basket or netting suspended between them.

‘He took the boy’s hand, and they went on, tramping in the sand like parade horses against tripping over some piece of driftwood or sea wreck.’ ***The Road* – Cormac McCarthy**

4

‘Receive the gift of the Holy Spirit.’ Acts 2:38 (NLT)

‘The road bent its way along the coast, dead sheaves of salt grass overhanging the pavement. The lead-coloured sea shifting in the distance. The silence.

***The Road* – Cormac McCarthy**

5 Society is: ‘Changing suicide from a moral wrong to a personal right.’ (Matthew Sleeth)

‘You surround them with your shield of love.’ Psalm 5:12 (NLT)

‘What if we have built a world that is unliveable? ***Hope Always* – Matthew Sleeth**

‘The days sloughed past uncounted and uncalendared.’ ***The Road* – Cormac McCarthy**

6 The first step in correcting a problem is to recognise that there is a problem.

‘He was healed in the name and power of Jesus Christ from Nazareth.’ Acts 4:10 (NLT)

‘My vision is blurred by grief.’ Psalm 6:7 (NLT)

‘For many, the times we are living through are not characterised by happiness but a morose sense of confinement, a wish to escape life, or an outright rejection of life.’

Hope Always – Matthew Sleeth

7

‘You look deep within the mind and heart.’ Psalm 7:9 (NLT)

Suicide is a uniquely human activity.

‘We are more connected than we realise. All of society loses when a single individual takes his or her own life.’ ***Hope Always – Matthew Sleeth***

8

‘Living in the land where death cast its shadow.’ Matthew 4:16 (NLT)

‘Things that occur when we are children can lie dormant in our psyche and come back to haunt us later.

We are often unaware how past events continue to impact our mental well-being.’

Hope Always – Matthew Sleeth

9

‘The Lord is a shelter for the oppressed.’ Psalm 9:9 (NLT)

‘There is evil afoot in society, and it is real.’ ***Hope Always – Matthew Sleeth***

‘Being faithful to the truth can sometimes make life much messier than it would be otherwise.’ ***Christians – Greg Sheridan***

10 Do the next smallest thing.

‘His face became as bright as an angel’s.’ Acts 6:15 (NLT)

‘Satan is always on the side of death – either directly or through the hopelessness, desperation and choices he encourages that lead to death.’ **Hope Always – Matthew Sleeth**

‘Knowing the difference between Satan’s lies and God’s truth is the definition of wisdom.’
Matthew Sleeth

11

‘Glowing in the night for all to see.’ Matthew 5:14 (NLT)

‘God shows no partiality. People are free to reject salvation. God doesn’t force anyone to accept grace or to believe, to have faith.’ **Christians – Greg Sheridan**

‘Christianity is liberating and empowering for ordinary people.’ **Greg Sheridan**

12

‘The Lord’s promises are pure.’ Psalm 12:6 (NLT)

‘There are only two questions at three in the morning, and they were, *Am I dying* and *Does anybody really love me.*’ **No One Is Talking About This – Patricia Lockwood**

‘The word *toxic* had been anointed and now could not go back to being a regular word.’
Patricia Lockwood

13

‘Crowds listened intently to what he had to say because of the miracles he did.’ Acts 8:6 (NLT)

‘Maybe there are people in this life that we are assigned to watch over.’
No One Is Talking About This – Patricia Lockwood

‘What did a story mean to the baby? It meant a soft voice, reassurance that everything outside her still went on, still would go on.’ **Patricia Lockwood**

14

Give your gifts in secret.

‘An angel of the Lord said to him.’ Acts 8:26 (NLT)

‘Christians have the best material there is for their stories. The proper subject for narrative art is the truths of the human heart. And at the centre of every human heart, even if unknown, is God. Christians only need to tell their stories well. The world will surely listen in time.’ **Christians – Greg Sheridan**

'Grief must belong to its own circle of time.'

***No One Is Talking About This* – Patricia Lockwood**

15

'Speaking the truth' Psalm 15:2 (NLT)

'We should cry when we lose someone. We may see them in heaven, but death still stinks.'

***Hope Always* – Matthew Sleeth**

'Life is often untidy. Christianity is sometimes untidy in response. It has more styles, and more mysteries, than any one of us can make out.

God has his ways, and these are very diverse.'

***Christians* – Greg Sheridan**

16

'Look at the birds' Matthew 6:26 (NLT)

'Walking in the fear of the Lord and in the comfort of the Holy Spirit.' Acts 9:31 (NLT)

'The heart grew. It hurt, where it hit the limit of the individual.'

***No One Is Talking About This* – Patricia Lockwood**

'She had lost her ability to laugh at such things.'

Patricia Lockwood

17

Cling to the Word and never let it go.

'The gateway to life is small.' Matthew 7:14 (NLT)

'He mourned deeply for his son.' Genesis 37:34 (NLT)

'Some people were etched, transparent, lovely in their grief.'

***No One Is Talking About This* – Patricia Lockwood**

'Gradually the world called her back.'

Patricia Lockwood

'To deface the pages of a book was to adopt the manner of a Visigoth. It was to strike a blow against that most sacred and noble of man's achievements – the ability to set down his finest ideas and sentiments so that they might be shared through the ages.'

***The Lincoln Highway* – Amor Towles**

18

Interpreting dreams is God's business (Genesis 40:8)

'Your gifts to the poor' Acts 10:31 (NLT)

‘The ropes of death’ Psalm 18:4 (NLT)

‘The Chains of Wrongdoing – The wrongs you have done unto others will be bound to you in the form of guilt and the wrongs that others have done unto you in the form of indignation.’

The Lincoln Highway – Amor Towles

‘Traditions, the very means by which we come to know who we are, are nothing if not old-fashioned.’ **Amor Towles**

19

‘God will tell you what it means and will set you at ease.’ Genesis 41:16 (NLT)

‘When God gave... who was I to argue.’ Acts 11:17 (NLT)

‘Lord, you have brought light to my life... you light up my darkness.’ Psalm 18:28 (NLT)

‘We do not always get to choose to whom we should show our charity.’

The Lincoln Highway – Amor Towles

‘The pain did not go away. He learned to live with the pain.’ (John Anderson and the accidental death of his sister.) **Christians – Greg Sheridan**

‘Faith is not passive. Faith is an active process of engaging with God.’ (Scott Morrison talking about belief in God.) **Greg Sheridan**

20

‘The skies display his marvellous craftsmanship.’ Psalm 19:1 (NLT)

Apostlebird – highly gregarious; usually seen in communal groups (communal life); likened to the apostles of Jesus Christ.

‘Preaching of the Gospel always has social consequences.’ **Christians – Greg Sheridan**

‘A wooden desk – It was another amenity that added to the value of the room.’

The Lincoln Highway – Amor Towles

‘Wasn’t it hard enough in the course of life to distinguish between fact and fantasy, between what one witnessed and what one wanted?’ **Amor Towles**

‘And as Ulysses listened, for the first time in memory he wept. He wept for his namesake and his namesake’s crew... He wept for his own comrades-in-arms who had been slain on the field of battle, and for his own wife and son, whom he had left behind. But most of all, he wept for himself.’ **Amor Towles**

‘It is in love for one another that our divine nature becomes fully manifest.’ **Greg Sheridan**

21

‘They begged him to go away.’ Matthew 8:34 (NLT)

‘The Lord has sent his angel.’ Acts 12:11 (NLT)

‘May he grant your heart’s desire.’ Psalm 20:4 (NLT)

‘Dreams like that (dreams of our loved ones who have been taken from us) are they a blessing, or are they a torture? For a little while they give us a taste of paradise – and perhaps they are indeed a foretaste of heaven – but then we wake up and all the grief begins again.’ **Christians – Greg Sheridan**

‘The first response and the natural attitude for any Christian is gratitude.’ **Greg Sheridan**

22

‘The joy of being in your presence’ Psalm 21:6 (NLT)

‘You will die in Egypt’ Genesis 46:4 (NLT)

‘If the story was worth reading again it was worth reading word for word.’

The Lincoln Highway – Amor Towles

23

‘If I can just touch his robe.’ Matthew 9:21 (NLT)

‘The angel who has kept me from all harm.’ Genesis 48:16 (NLT)

‘Questions can be so tricky,’ he said, ‘like forks in the road.’

The Lincoln Highway – Amor Towles

24

‘He felt great pity for the crowds.’ Matthew 9:36 (NLT)

‘He never left himself without a witness.’ Acts 14:17 (NLT)

‘God expresses himself in the deepest identity of human beings.’ **Christians – Greg Sheridan**

‘There is an assault on truth in the culture.’ **Greg Sheridan**

‘Britain and Western Europe have abandoned the faith of their fathers.’ **Greg Sheridan**

‘Expressing faith through social and community provision.’ **Salvation Army**

25 'A gift of God may scar unready fingers' (Octavia E. Butler)

'Sheep among wolves' Matthew 10:16 (NLT)

'I have everything I need.' Psalm 23:1 (NLT)

‘The stars are free.’ She shrugs. ‘I’d sooner have the city lights back myself, the sooner the better. But we can afford the stars.’ ***Parable of the Sower* – Octavia E. Butler**

‘What is valuable must be earned or it’s bound to be squandered.’

The Lincoln Highway – Amor Towles

All that you touch

You Change.

All that you Change

Changes you.

The only lasting truth

Is Change.

God is Change.

***Parable of the Sower* – Octavia E. Butler**

26 To live without hope in the land of Nod (Cain) – Old Testament

'Friendship with the Lord' Psalm 25:14 (NLT)

'Building your nest among the stars' Obadiah 4:4 (NLT)

'We can get ready... Get focused on arranging to survive.'

***Parable of the Sower* – Octavia E. Butler**

'It took a plague to make some of the people realise that things could change.'

Octavia E. Butler

'Learning everything I can while I can.' Octavia E. Butler

'Nothing is going to save us. If we don't save ourselves, we're dead. Now use your imagination.' **Octavia E. Butler**

27 Stay in the game

'The day is near when I the Lord, will judge the godless nations.' Obadiah 4:15 (NLT)

‘They have no power to improve their lives, but they have the power to make others even more miserable. And the only way to prove to yourself that you have power is to use it.’

***Parable of the Sower* – Octavia E. Butler**

'Persisting isn't always safe, but it's often necessary.' **Octavia E. Butler**

‘We have God, and we have each other.’ **Octavia E. Butler**

‘To get along with God, consider the consequences of your behaviour.’ **Octavia E. Butler**

‘The people I’ve grown up with are falling out of my life, one by one.’ **Octavia E. Butler**

‘Poverty has made the streets cleaner.’ **Octavia E. Butler**

28

Are you helping?

‘This is the Lord’s doing.’ Psalm 118:23 (NLT)

‘The city of murder and lies.’ Nahum 3:1 (NLT)

‘Hope means to keep living amid desperation and to keep humming in the darkness.’

Henri Nouwen

‘The world is full of painful stories.’ *Parable of the Sower* – **Octavia E. Butler**

‘Your teachers are all around you.’ **Octavia E. Butler**

‘The funny thing about a picture is that while it knows everything that’s happened up until the moment it’s been taken, it knows absolutely nothing about what will happen next.’

The Lincoln Highway – Amor Towles

29

‘Made us drink tears by the bucketful.’ Psalm 80:5 (NLT)

‘Wouldn’t it have been wonderful if everybody’s life was like a piece in a jigsaw puzzle. Then no one’s life would ever be an inconvenience to anyone else’s.’

The Lincoln Highway – Amor Towles

‘The future we imagine will not be the one we get.’ **Austin Kleon**

‘The Lord answers prayers. It’s just that sometimes he answers “No!”’ **Amor Towles**

30

‘A Sower went out to sow.’ Luke 8:5 (NLT)

‘Time is that which God uses to separate the idle from the industrious.’

The Lincoln Highway – Amor Towles

‘The wisdom the Lord does not see fit to endow us with at birth, he provides through the gift of experience.’ **Amor Towles**

31 Grief is an experience, not a process. It ebbs and flows.

‘The river runs into the sea, but the sea is never full.’ Ecclesiastes 1:7 (NLT)

‘The greater my wisdom, the greater my grief.’ Ecclesiastes 1:18 (NLT)

‘How long is 10 seconds?’ ***The Lincoln Highway – Amor Towles***

‘The comfort of knowing one’s sense of right and wrong was shared by another.’

Amor Towles

‘All things being equal, Budgerigars spend their entire lives in the safety and companionship of the flock.’ ***Flight of the Budgerigar – Penny Olsen***

‘In England and Europe, Budgerigars were a little-known casualty of war, dying in their thousands if not millions.’ **Penny Olsen**

February

1 There is no perfect prescriptive timeline for grief.

‘Because the midwives feared God, they refused to obey the king.’ Exodus 1:17 (NLT)

‘God heard their cries.’ Exodus 2:24 (NLT)

‘I have seen; I have heard; I am aware.’ Exodus 3:7 (NLT)

‘Logue attempted to apply some of the knowledge of the voice that it had given him to help servicemen suffering speech disorders as a result of shell shock and gas attacks.’

The King’s Speech – Mark Logue

‘Treatment – ‘patient tuition in voice production combined with fostering the patient’s confidence in the result (a mixture of the physical and psychological)’ **Mark Logue**

2

‘The secrets of his covenant.’ Psalm 25:14 (NLT)

‘Who makes people so they speak or not speak?’ Exodus 4:11 (NLT)

‘The Duke realised that the will to be cured was not enough but that it called for grit, hard work and self-sacrifice, all of which he gave ungrudgingly.’

The Lincoln Highway – Amor Towles

‘Religion does more harm in the world than good?’ ***Bullies and Saints – John Dickson***

‘Christ wrote a beautiful tune, which the church has often performed well, and often badly. But the melody was never completely drowned out. Sometimes it became a symphony.’

John Dickson

3

‘Hiding the truth from those who think themselves wise.’ Matthew 11:25 (NLT)

‘I love your sanctuary, Lord.’ Psalm 26:8 (NLT)

‘No respect for the word of the Lord.’ Exodus 9:21 (NLT)

‘**sacred violence**’ – a necessary evil in a fallen world? ***Bullies and Saints*** – John Dickson

‘Few people know their own voices because it is difficult to hear oneself.’

The King’s Speech – Mark Logue

‘The voice is a sure indication, not only of personality but of physical condition.’ **Mark Logue**

‘Stammering is one of the commonest speech defects. Without the will to get better, treatment is hopeless.’ **Mark Logue**

4 ‘Don’t look at the wall. Your car goes where your eyes go.’

Mario Andretti (car race driver)

‘His name will be the hope of the world.’ Matthew 12:21 (NLT)

‘Wait patiently for the Lord.’ Psalm 27:14 (NLT)

Grief is engrained in every part of your life.

‘We live in a world of shallowness and pretence.’ ***Hope Always*** – Matthew Sleeth

‘One of the best predictors of the future is the past.’ **Matthew Sleeth**

‘All human beings, regardless of their ability or usefulness, are equally and inestimably precious because they are considered ‘children of the creator’ and therefore ‘our own kin.’

Bullies and Saints – John Dickson

5

‘Anyone who isn’t working with me is actually working against me.’ Matthew 12:30 (NLT)

‘He himself gives life and breath to everything.’ Acts 17:25 (NLT)

‘Blessed are those who mourn, for they will be comforted.’

'The grief one feels when looking at the evil in the world - lamenting the injustices we see around us.' ***Bullies and Saints* – John Dickson**

6

'Don't be afraid! Speak out! Don't be silent!' Acts 18:9 (NLT)

'You will be able to endure the pressures.' Exodus 18:23 (NLT)

'Nothing can make our lives, or the lives of other people, more beautiful than perpetual kindness.' **Leo Tolstoy**

7

'Shame makes us leave safe places.' (Bob Goff)

'He told many stories.' Matthew 13:3 (NLT)

'He refuted all the Jews with powerful arguments in public debate.' Acts 18:28 (NLT)

'Moses entered the deep darkness where God was.' Exodus 20:21 (NLT)

'anhedonia' – lack of interest, or the inability to feel pleasure from life.

'People are moved by no-strings-attached acts of kindness.

- unadulterated, unconditional, unexpected.' ***Signs of Hope* – Amy Wolff**

'The power of kindness with no strings attached builds instant trust between strangers.'
Jean Giono

'People resonate with messages that chip away at shame and isolation.' **Amy Wolff**

8

Spreading hope matters, positive words matter.

'Mysteries hidden since the creation of the world' Matthew 13:35 (NLT)

'God gave Paul the power to do unusual miracles.' Acts 19:11 (NLT)

'People want to help – some just don't know how.' ***Signs of Hope* – Amy Wolff**

'They felt seen. They felt chosen. They felt loved.' **Amy Wolff**

'Changing our mind is hard when we've believed a lie for a long time.' **Amy Wolff**

'When a situation becomes really dark, we can start to question whether anyone would notice if we were gone.' **Amy Wolff**

'Because the stream of suffering is constant, we develop an understandable case of compassion fatigue.' **Amy Wolff**

9

'I am dying from grief.

My years are shortened by sadness.' Psalm 31:10 (NLT)

'Most of them didn't even know why they were there. Acts 19:32 (NLT)

'You're never too broken to help others.' *Signs of Hope* – Amy Wolff

'One who reads is worth two who don't.' *A Bookshop in Algiers* – Kaouther Adimi

'Our memory is the sum of all our stories.' Kaouther Adimi

'It is our scars and imperfections that equip us the most to help others.' Amy Wolff

'Holding one another's pain felt like as sacred burden.' Amy Wolff

'To sit with people unafraid of your pain.' Amy Wolff

10

Helping heals.

'Our hope is in you alone.' Psalm 33:22 (NLT)

'As soon as Jesus heard the news, he went off by himself in a boat to a remote area to be alone.' Matthew 14:13 (NLT)

'There was a time when books were so precious that we treated them with respect, we promised them to children, we gave them as gifts to our loved ones.'

A Bookshop in Algiers – Kaouther Adimi

'Literature, at least, will never abandon me.' Kaouther Adimi

'Land and literature, what could be more important.' Kaouther Adimi

'Pain spotting – listening for how pain reveals itself in subtle (or not so subtle) ways in conversation.' *Signs of Hope* – Amy Wolff

11

Using your grief to clarify your purpose.

'Doing the work assigned me.' Acts 20:24 (NLT)

'Worked to pay my own way.' Acts 20:34 (NLT)

'Crushed in spirit' Psalm 34:18 (NLT)

'But slowly, wading through the grief, he found his footing.' *Signs of Hope* – Amy Wolff

‘Loving well requires effort. We must choose to listen to deepen our understanding. Choose to understand in order to empathise. Choose to empathise in order to grow compassion. And choose to grow compassion in order to express love of the truest kind.’ **Amy Wolff**

‘Grief is a many-barbed thing. Grief isn’t something you can hide from or dull; it’s something you wade through, amid all the stink and shame and darkness.’ Rachel – **Amy Wolff**

12 What we can do today to have hope for tomorrow.

‘The Lord sent a great plague upon the people.’ Exodus 32:35 (NLT)

‘Grief can stretch and collapse time like a slinky.’ **Derecka Purnell**

‘You may have to push pause to love well.’ *Signs of Hope* – **Amy Wolff**

‘Our pain has a way of distorting truth.’ **Amy Wolff**

‘Online activism became an end rather than a tactic.’ **Anon**

‘Organisations need members not just followers.’ **Anon**

13 Grief over time

‘Soon a deep silence enveloped the crowd.’ Acts 21:40 (NLT)

‘His face glowed.’ Exodus 34:29 (NLT)

‘Isolation makes it ten times harder to find a more honest, hopeful, perspective on life.’
Signs of Hope – **Amy Wolff**

‘Isolation will suck your soul dry and distort reality.’ **Amy Wolff**

14 What may alter the trajectory of our future?

‘Your heart’s desire’ Psalm 37:4 (NLT)

‘He delights in every detail of their lives.’ Psalm 37:23 (NLT)

Psychologist **C. Richard Snyder** – three critical elements of hope.

- (1) A goal – What we hope for.
- (2) Pathways – identifying what needs doing to overcome obstacles.
- (3) Agency – the belief that we have influence over our own lives.

‘Hope: the belief that a thriving future is possible, and you have the power to make it so.’
Casey Gwinn and Chan Hellman

'Hope has two beautiful Daughters: their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are.' **Augustine of Hippo**

15

'Seeing things from a merely human point of view.' Matthew 16:23 (NLT)

'Travel steadily along his path.' Psalm 37:34 (NLT)

Those few books collected before we closed the door and left our old lives behind, never to return, held the sound of bailiffs as they hammered at the door, the fear of not knowing if we would ever find shelter again, and an overwhelming sadness.'

The Wild Silence – Raynor Winn

South African term 'ubuntu' – 'I am because we are.' ***Signs of Hope – Amy Wolff***

'Hope begets hope.' **Amy Wolff**

'Holding on to hope for others when they don't have the strength.' **Amy Wolff**

16

Leave a legacy of love.

'His clothes became dazzling white.' Matthew 17:2 (NLT)

'To the woods. The dark, still quietness of the pines. Silence. I lay on the dried soft ground and crunched handfuls of crisp dead pine needles until the pounding in my head subsided. Real: this was real. This earth, this land, these trees. Real, safe.'

The Wild Silence – Raynor Winn

'In the churchyard the truth of life was laid out in neat rows.' **Raynor Winn**

'The suicide of a clergy member is not only a tragedy, but also a sermon.'

Hope Always – Matthew Sleeth

17 'He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.' [2 Corinthians 1:4]

'Their hearts were filled with grief.' Matthew 17:23 (NLT)

'I believe in the resurrection of the dead.' Acts 24:21 (NLT)

'Human existence is but a breath.' Psalm 39:5 (NLT)

'Death had become an ever-present shadow in the corner of our lives.'

The Wild Silence – Raynor Winn

‘His fading memory was opening a bottomless box of loss into which all the memories of our long life together would slowly be drawn.’ **Raynor Winn**

‘**A thin place**’ – a concept from Celtic spirituality, the idea of a place where the barrier between now and beyond is thinner, where you are closer to God.’ **Raynor Winn**

18

‘The Lord is thinking about me right now.’ Psalm 40:17 (NLT)

‘An offering given to the Lord by fire.’ Leviticus 8:21 (NLT)

‘And Aaron was silent.’ Leviticus 10:3 (NLT)

‘We have hope. We found hope on the path and saved it. Kept it safe in an inside pocket for days like this, for a life like this.’ **The Wild Silence – Raynor Winn**

‘We walked the same path now, the air thick with memories.’ **Raynor Winn**

‘A place we never would have discovered if we hadn’t taken an unplanned detour.’
Raynor Winn

‘Our path led us through the pain and despair of loss...’ **Raynor Winn**

19 ‘Loss sets you free. In the empty void it leaves, anything can happen.’ (Raynor Winn)

‘Whatever you allow on earth is allowed in heaven.’ Matthew 18:18 (NLT)

‘Trust without question or belief, trust as basic and complex as just being.’
The Wild Silence – Raynor Winn

‘Trauma can change you... it leaves a scar.’ **Raynor Winn**

20 ‘Risk only has meaning when there is something to lose.’

(Raynor Winn)

‘My servant and my witness.’ Acts 26:16 (NLT)

‘There’s an innate vulnerability in renting the place where you live. To allow yourself to like your rented home too much is a gamble. It’s a one-sided relationship, a poker game where the other party holds all the cards and all you’re left with is a fear of commitment and the probability of loss.’ **The Wild Silence – Raynor Winn**

21

‘Those who are considered least here will be the greatest then.’ Matthew 19:30 (NLT)

‘God – the source of all my joy.’ Psalm 43:4 (NLT)

‘The scapegoat is to be sent away into the wilderness.’ Leviticus 16:10 (NLT)

‘There were days when he would answer a question I’d barley formulated in my head... He would sing a song that I was humming internally or pass me something I needed before I asked for it. A silent enmeshing of lives lived in unison.’ ***The Wild Silence* – Raynor Winn**

‘A landscape without borders; mountainous horizons without end.’ **Raynor Winn**

‘Free in the wide embrace of the natural world.’ **Raynor Winn**

22 ‘Change is always with our grasp, always simply a matter of choice.’ (Raynor Winn)

‘An angel of the God to whom I belong and whom I serve stood beside me.’ Acts 27:23 (NLT)

‘We fell into a metronome of movement; four bodies moving slowly, steadily through the black landscape.’ ***The Wild Silence* – Raynor Winn**

‘All that was left was the roaring, wild silence of an empty land without vegetation or animal life. A heaving, crashing chasm of noise and movement, overlaid by a veneer of stillness.’
Raynor Winn

‘Trust, such an elusive thing, but given the slightest chance it can grow and flourish.’
Raynor Winn

23 This life is a gift. It is not disposable. (Matthew Sleeth)

‘Please eat something now for your own good.’ Acts 27:34 (NLT)

‘Defending truth, humility, and justice.’ Psalm 45:4 (NLT)

‘Clergy are not immune to depression or suicidal thoughts.’ ***Hope Always* – Matthew Sleeth**

‘HALT – hungry, angry, lonely tired. Take a break.’ **Matthew Sleeth**

‘Get off your donkey and do something.’ **Matthew Sleeth**

‘Christians are generally less likely to take their life because they have a sense of belonging.’
Matthew Sleeth

‘We should always be fighting to preserve life and bring *shalom* to our neighbourhoods, towns, and world.’ **Matthew Sleeth**

24 **‘Without order there can be no world.’ (Chaim Potok)**

‘It’s Jesus, the prophet from Nazareth.’ Matthew 21:11 (NLT)

‘Be silent and know that I am God.’ Psalm 46:10 (NLT)

‘The mind is numb, the heart is heavy, the tongue cleaves to the palate. Sorrow weighs upon us all.’ ***The Gift of Asher Lev – Chaim Potok***

‘That strange sense of being possessed by the Other.’ **Chaim Potok**

‘The riddle: the seed that yields the flower; the acorn that yields the oak; the word that yields the book; the truth that must be uncovered carefully lest its fires burn, and its power destroy.’ **Chaim Potok**

‘They stood there with sombre eyes, mournful faces, sagging shoulders: the body language of sorrow.’ **Chaim Potok**

25 **‘Endings are never nice.’ (Chaim Potok)**

‘The little children in the Temple were shouting, “Praise God for the Son of David.”’ Matthew 21:15 (NLT)

‘Walk free with your heads held high.’ Leviticus 26:13 (NLT)

‘God is merciful in what He sometimes lets us forget.’ ***The Gift of Asher Lev – Chaim Potok***

‘Uncaring merciless rain, lashing the living and the dead.’ **Chaim Potok**

‘Older, tired, closer to the grey time before the final darkness.’ **Chaim Potok**

‘Sadness is forbidden of the Seventh Day.’ **Chaim Potok**

‘The haunting tune remained fixed in remembrance, a poignant testimony of pain and faith and hope.’ **Chaim Potok**

26

‘Why am I so discouraged? Why so sad? Psalm 42:5,11 (NLT)

‘I had grown up in this community; my nerve endings were still connected to it. I could read its unwritten texts, hear its unspoken dialogue.’ ***The Gift of Asher Lev – Chaim Potok***

‘Do not expect redemption if you enter the world of art. Redemption is death to art.’ **Chaim Potok**

27

‘I will order my blessing for you.’ Leviticus 25:21 (NLT)

‘How velvety the silence, how feather-soft the stillness of calmly anticipated astonishments.’

The Gift of Asher Lev – Chaim Potok

‘The seeing of God is not like the seeing of man. Man sees only between the blinks of his eyes. He sees the world in pieces, in fragments. God sees the world, whole, unbroken.’

Chaim Potok

28

Chasing the wind.

‘The rivers run into the sea, but the sea is never full.’ Ecclesiastes 1:7 (NLT)

‘The greater my wisdom, the greater my grief.’ Ecclesiastes 1:18 (NLT)

‘He has placed eternity in the human heart.’ Ecclesiastes 3:11 (NLT)

‘Art happens when what is seen becomes mixed with the inside of the person who is seeing it.’ ***The Gift of Asher Lev – Chaim Potok***

‘All a man has in the world is the now, the day and the hour where he is, because tomorrow is an entirely different world.’ **Chaim Potok**

‘A person has to have a reason for living, and the best reason is another person.’

Chaim Potok

March

1

‘A spiritual blessing – to help you grow strong in the Lord.’ Romans 1:11 (NLT)

‘He will be our guide until we die.’ Psalm 48:14 (NLT)

‘I have lived with the hope that perhaps there are not two realms, the sacred world of God and the profane world of Gentile art, but that great art can also be for the sake of heaven.’

The Gift of Asher Lev – Chaim Potok

‘He’s reminded, with this aerial perspective, of Aboriginal paintings, the land from above, imbued with spirit, replete with hidden meanings, of unspoken significance.’

Treasure and Dirt – Chris Hammer

2

‘God has put this knowledge in their hearts.’ Romans 1:19 (NLT)

‘Their minds became dark and confused.’ Romans 1:21 (NLT)

‘No one can ever pay enough to live forever.’ Psalm 49:8 (NLT)

‘Truth has to be given in riddles. People can’t take truth if it comes charging at them like a bull. You have to give people the truth in a riddle, hide it so they go looking for it and find it piece by piece; that way they learn to live with it.’ ***The Gift of Asher Lev – Chaim Potok***

‘Colours wait for you in the wind.’ **Chaim Potok**

‘An artist needs a broken world in order to have pieces to shape into art.’ **Chaim Potok**

‘Comfort is death to art.’ **Chaim Potok**

3

‘Many are called, but few are chosen.’ Matthew 22:14 (NLT)

‘God’s law is written within them.’ Romans 2:15 (NLT)

‘God will judge everyone’s secret life.’ Romans 2:16 (NLT)

‘The shame on the faces of those who were the first to liberate the death camps and stared at the unutterable horror and then stood looking at the ground at their feet and the sky overhead and were possessed suddenly of a profound humiliation of belonging to a species capable of such unspeakable acts – and the masks falling into place, for shame is among the most unendurable of sentiments.’ ***The Gift of Asher Lev – Chaim Potok***

‘Some burdens are best born in silence.’ **Chaim Potok**

4

‘The God of the living.’ Matthew 22:32 (NLT)

‘They have no fear of God.’ Romans 3:18 (NLT)

‘Make me willing to obey you.’ Psalm 51:12 (NLT)

‘Disorder and frequent sorrow, the mulch for creativity.’

The Gift of Asher Lev – Chaim Potok

‘The sadness grew within her until she seemed to exist only as a dark nimbus of melancholy. Her father had perished in Auschwitz, as did her other relatives; her mother, in Budy, a small camp for women near Auschwitz.’ **Chaim Potok**

‘Memories of the Holocaust often came unbidden to mind. They dwell in a realm of their own and are not subject to the laws and whims of humankind.’ **Chaim Potok**

‘Do you think there could be a plan to all this my husband?’ **Chaim Potok**

5

‘Made right with God through faith.’ Romans 4:11 (NLT)

‘He was absolutely convinced that God was able to do anything he promised.’ Romans 4:21 (NLT)

‘I have done what I was put here to do. I have a right to my fatigue. It is an **earned fatigue**.’

The Gift of Asher Lev – Chaim Potok

‘How long can this life be endured?’ **Chaim Potok**

6

‘Those who humble themselves will be exalted.’ Matthew 23:12 (NLT)

‘The Holy Spirit fills our heart with his love.’ Romans 5:5 (NLT)

‘All of the inside of me felt raw, empty, a numbing ache.’

The Gift of Asher Lev – Chaim Potok

‘The salt has gone out of the soup.’ **Chaim Potok**

‘This is a darkness that can be conquered.’ **Chaim Potok**

7

‘Walked together to the house of God.’ Psalm 55:14 (NLT)

‘Forgiveness through God’s bountiful gift.’ Romans 5:15 (NLT)

‘Men who have sinned at the cost of their lives.’ Numbers 16:38 (NLT)

‘Without the future there is no present. Without the future there can be no hope for redemption, and without hope for redemption there is nothing.’

The Gift of Asher Lev – Chaim Potok

‘You give this gift so I cannot live without the scents in which the gift finds life.’ **Chaim Potok**

‘Anyone who has been tortured remains forever tortured and can never again be at ease in the world. One’s faith in humanity is broken and can never be acquired again.’ (Jean Amery, Austrian philosopher) **Chaim Potok**

8

‘Full of greed and self-indulgence.’ Matthew 23:25 (NLT)

‘You are free by God’s grace.’ Romans 6:14 (NLT)

‘White is fearful to gaze upon for too long. It is the colour of shrouds; it is all-colour, the prism fused undifferentiated, linked wave to wave and particle to particle.’

The Gift of Asher Lev – Chaim Potok

‘Can motivations be so hidden that even the holder is ignorant of their force.’ **Chaim Potok**

‘Most destinies come to us in simple declarative or interrogatory sentences: ‘It is not good for man to be alone.’” **Chaim Potok**

9

‘Fly away to the quiet of the wilderness.’ (Psalm 55:10)

‘The love of many will grow cold.’ Matthew 24:12 (NLT)

‘You have collected all my tears in your bottle.’ Psalm 56:8 (NLT)

‘Some art is difficult because life is difficult... The world is sometimes very ambiguous.’

The Gift of Asher Lev – Chaim Potok

‘Are we so flawed that we can never truly know our own most secret motives?’

Chaim Potok

‘How memory accordions time and places disparate moments next to one another like photographic slides on a tray.’ **Chaim Potok**

It’s a kind of death to keep repeating yourself and your life over and over again.’

Chaim Potok

10

‘Eyes wide open’ (Numbers 24:4)

‘The time of calamity.’ Matthew 24:22 (NLT)

‘Just as lightning lights up the entire sky.’ Matthew 24:27 (NLT)

‘The deep mourning among all the nations of the earth.’ Matthew 24:30 (NLT)

‘The line dividing good and evil cuts through the heart of every human being.’

Alexander Solzhenitsyn

‘An internalised version of the Christian faith benefits both the individual believer and our unbelieving society.’ ***Bullies and Saints – John Dickson***

‘Suicide: 75% of 141 studies report that religiosity is associated with less suicidal ideation, fewer suicide attempts or fewer complicated suicides.’ **2012 Oxford Handbook of Religion.**

‘Religious participation is positively associated with a wide range of physical and mental health outcomes, including even lower mortality.’ **John Dickson**

11

‘May they disappear like water into thirsty ground.’ Psalm 58:7 (NLT)

‘Life had picked up every piece of ammunition possible and hurled it at him full force... He was exhausted with anger.’ ***The Salt Path* – Raynor Winn**

‘Inside I was screaming, panicking, like a bee against a glass pane.’ **Raynor Winn**

‘This suffocating fog of shock.’ **Raynor Winn**

‘It came like a contraction. All-consuming and uncontrollable. I curled on the grass next to her and sobbed. Crying until my body stopped, spent, drained of tears, dried out by loss.’ **Raynor Winn**

‘I think I can feel homelessness now, like a balloon cut free in the wind. I’m scared.’ **Raynor Winn**

‘The truth: We’re homeless. We lost our home and we’ve nowhere to go, so just walking seemed a good idea.’ **Raynor Winn**

12

‘Stay awake and be prepared.’ Matthew 25:13 (NLT)

‘If we are to share his glory, we must also share his suffering.’ Romans 8:17 (NLT)

‘I gasped into the running water as I shed a layer of skin and sweat, bitterness, sadness, loss, fear. But only a layer.’ ***The Salt Path* – Raynor Winn**

‘So lucky to have time.’ **Raynor Winn**

It’s the past that tells us who we are. Without it we lose our identity.’ **Stephen Hawking**

13 ‘Kernow’ – the local name for Cornwall

‘The Holy Spirit prays for us with groanings.’ Romans 8:26 (NLT)

‘It was a near physical struggle to put the sense of loss back in its box.’ ***The Salt Path* – Raynor Winn**

‘Our story was born out of self-protection.’ **Raynor Winn**

‘The more times we repeated the lie, the less we felt the grief.’ **Raynor Winn**

14

‘Listen to his voice’ (Deuteronomy 13:4)

‘God chooses according to his own plan.’ Romans 9:11 (NLT)

‘Those who remain will be like splinters in your eyes and thorns in your sides.’
Numbers 33:55 (NLT)

‘Rather than the walk being a time to get our thoughts straight and make a plan, it had become a meditation, a mental void filled only with salt wind, dust and light. Each step had its own resonance, its moment of power or failure.’ ***The Salt Path* – Raynor Winn**

‘Each day survived a reason to live through the next.’ **Raynor Winn**

‘Each lungful of salt scouring our memories, smoothing their edges, wearing them down.’
Raynor Winn

15 **‘We were achieving something, even if we were old.’ (Raynor Winn)**

‘The objects of his mercy.’ Romans 9:23 (NLT)

‘Lighter than a puff of air.’ Psalm 62:9 (NLT)

‘Time to brake camp and move on.’ Deuteronomy 1:7 (NLT)

‘Without money, we had moved into a world apart.’ ***The Salt Path* – Raynor Winn**

‘I’m cut free from that connection (with the land – farmer’s daughter), from the meter of my existence, floating lost and uprooted. But I can still feel it.’ **Raynor Winn**

‘The wild was never something to fear or hide from. It was my safe place, the thing I ran to.’
Raynor Winn

‘All material things were slipping away, but in their wake a core of strength was beginning to re-form.’ **Raynor Winn**

‘The inescapable evidence of man’s need to take everything he can.’ **Raynor Winn**

16

‘Anyone who calls on the name of the Lord will be saved.’ Romans 10:13 (NLT)

‘Liars will be silenced.’ Psalm 63:11 (NLT)

‘A rhythm of pain and hunger, mellowed into ache and thirst, softening eventually to just a booming rhythm.’ ***The Salt Path* – Raynor Winn**

‘Life is now, this minute, it’s all we have. It’s all we need.’ **Raynor Winn**

‘Too far away now, our home had drifted out of range. It existed, but the distance made it untouchable. The raw, jagged, visceral pain of loss had gone, but the memory of it was still there.’ **Raynor Winn**

‘This ancient land was draining our strength and self-will, bending us to acceptance of the shaping elements.’ **Raynor Winn**

17 **‘The rivers of God will not run dry.’** (Psalm 65:9)

‘Who can know what the Lord is thinking? Romans 11:34 (NLT)

‘Filled with anguish and deep distress’ Matthew 26:37 (NLT)

‘God is both kind and severe.’ Romans 11:22 (NLT)

‘It’s touched you; it’s written all over you: you’ve felt the hand of nature. It won’t ever leave you now; you’re salted.’ **The Salt Path – Raynor Winn**

‘Drawn to the edge, a strip of wilderness where we could be free to let the answers come, or not, to find a way of accepting life, our life, whatever that was.’ **Raynor Winn**

‘A new season had crept into me, a softer season of acceptance. Burnt in by the sun, driven in by the storms, I could feel the sky, the earth, the water, and revel in being part of the elements without a chasm of pain opening up at the thought of the loss of our place within it all. I was part of the whole.’ **Raynor Winn**

18

‘Suddenly, Jesus’ words flashed through Peter’s mind.’ Matthew 26:75 (NLT)

‘Yet the Jews are still his chosen people.’ Romans 11:28 (NLT)

‘When I could no longer see them, would I remember them, and would just the memory be enough to fill me up and make me whole? Could anyone ever have enough memories?

The Salt Path – Raynor Winn

‘I was alone among friends. Homelessness had taught me that however much people think they want to help you, when you enter their home, you quickly become a cuckoo in their nest, a guest that outstays their welcome. Or their usefulness. I wasn’t living my life; I was just existing in someone else’s.’ **Raynor Winn**

19 **‘Everybody needs beauty as well as bread.’** (The Yosemite – John Muir)

‘You inspire shouts of joy.’ Psalm 65:8 (NLT)

‘Stand on the side of the good.’ Romans 12:9 (NLT)

‘Rocks span the journey from salt to soil, catching life in motion, holding it still into eternity.’

‘Refugees from western civilisation cut adrift from life in a boat that rarely finds a harbour. The very act of trying to look ahead, to discern possibilities and offer warnings is in itself an act of hope.’ **Octavia Butler**

20

‘Be glad for all God is planning for you.’ Romans 12:12 (NLT)

‘Conquer evil by doing good.’ Romans 12:21 (NLT)

‘He must copy these laws on a scroll for himself.’ Deuteronomy 17:19 (NLT)

‘Most people go through their whole lives without answering their own questions; What am I, what do I have within me? The big stuff. What a waste!’ ***The Salt Path* – Raynor Winn**

‘We walked painfully slowly, stopping to look around every few minutes, excited to get to the end but willing it not to come.’ **Raynor Winn**

‘Our journey had drained us of every emotion, sapped our strength and our will. But then, like the windblown trees along our route, we had been re-formed by the elements into a new shape that could ride out whatever storms came over the bright new sea.’

Raynor Winn

21 ‘Homelessness had left me stripped bare.’ (Raynor Winn)

‘Do not destroy the trees.’ Deuteronomy 20:19 (NLT)

‘We both loved the sense of steadfast continuity a tree can represent.’

***Orwell’s Roses* – Rebecca Solnit**

‘Trees are an invitation to think about time and to travel in it the way they do, by standing still and reaching out and down.’ **Rebecca Solnit**

‘The trees (eucalypts) made the past seem within reach in a way nothing else could: here were living things that had been planted and tended by a living being who was gone, but the trees that had been alive in her lifetime were in ours and might be after we were gone.’

They changed the shape of time. **Rebecca Solnit**

22 ‘Keep writing the story with hope.’ (Raynor Winn)

‘Anyone hanging on a tree is cursed of God.’ Deuteronomy 21:23 (NLT)

‘Many women... were watching from a distance.’ Matthew 27:55 (NLT)

‘The planting of a tree, especially one of the long-living hardwood trees, is a gift which you can make to posterity at almost no cost and with almost no trouble, and if the tree takes root, it will far outlive the visible effect of any of your other actions, good or evil.’

George Orwell (*Orwell’s Roses* – Rebecca Solnit)

‘It might not be a bad idea, every time you commit an antisocial act, to make a note of it in your diary, and then at the appropriate season, push an acorn into the ground.’

George Orwell (*Orwell’s Roses* – Rebecca Solnit)

23

‘You are his people, his own special treasure.’ Deuteronomy 26:18 (NLT)

‘May you overflow with hope.’ Romans 15:13 (NLT)

‘Roses are used for courtships, weddings, funerals, birthdays, and a lot of other occasions, which is to say for joy, sorrow and loss, hope, victory, and pleasure.’

***Orwell’s Roses* – Rebecca Solnit**

‘Sometimes the shadow of death frightens or depresses people, sometimes it makes them live more vividly and take life less for granted, and Orwell seems to be among the latter.’

Rebecca Solnit

‘The lives he created are miseries studded with epiphanies. Orwell did not believe in permanent happiness... but he did believe devoutly in moments of delight, even rapture, and he wrote about them often.’ **Rebecca Solnit**

‘Orwell’s life was notably episodic, and a lot of the episodes are geographical.’

Rebecca Solnit

24 ‘Writing is a murky business.’ (George Orwell)

‘A fragrant sacrifice to God.’ Romans 15:16 (NLT)

‘The miracles done through me as signs from God.’ Romans 15:19 (NLT)

‘A garden is always a place of becoming, to make and tend one is a gesture of hope.’

***Orwell’s Roses* – Rebecca Solnit**

‘The beauty of roses may lie in part in their tenderness, in the petals as soft as the cheek of a child.’ **Rebecca Solnit**

‘The mortality of flowers is also part of their essential nature.’ **Rebecca Solnit**

‘The first victim of war is truth.’ **Rebecca Solnit**

‘Happiness seems to require having a well-ordered life, avoiding difficulty or discord, where joy can and does show up anywhere, often unexpectedly.’ **Rebecca Solnit**

25 **‘Choose life and live.’** (Deuteronomy 30:19)

‘Now, in my old age, don’t set me aside.’ Psalm 71:9 (NLT)

‘Let me proclaim your power to this new generation.’ Psalm 71:18 (NLT)

‘My words will fall like rain on tender grass.’ Deuteronomy 32:2 (NLT)

‘Words should exist in reliable relationship to what they describe.’

***Orwell’s Roses* – Rebecca Solnit**

‘Lies gradually erode the capacity to know and to connect.’ **Rebecca Solnit**

‘Having a focus on the natural world as a major source of meaning and value.’

Rebecca Solnit

‘People in harsh circumstances make lists as a means of feeling a sense of control over the future.’ **Rebecca Solnit**

Winston Smith (1984) – ‘Resistance consists not of activity that will overthrow the regime but thought and acts that violate its precepts...’ **George Orwell**

(*Orwell’s Roses* – Rebecca Solnit)

26

‘O Lord, you alone are my hope.’ Psalm 71:5 (NLT)

‘The eternal God is your refuge.’ Deuteronomy 32:27 (NLT)

‘The contemporary world is full of things that look beautiful and are produced through hideous means.’ ***Orwell’s Roses* – Rebecca Solnit**

‘Words at their best uncover things and show them clearly.’ **Rebecca Solnit**

‘The imagination, like certain wild animals, will not breed in captivity.’ **George Orwell**

(*Orwell’s Roses* – Rebecca Solnit)

27

‘Be strong and courageous.’ Deuteronomy 31:6 (NLT)

‘We are merely moving shadows, and all our busy rushing ends in nothing.’ Psalm 39:6 (NLT)

‘Lists are a form of collecting, an inventory of what is available at least to the imagination, and sometimes a reaching for assurance that there is some kind of abundance beyond the privation at hand.’ ***Orwell’s Roses* – Rebecca Solnit**

28

‘The Holy Spirit descending like a dove.’ Mark 1:10 (NLT)

‘Writing novels is my personal way of giving shape to thought.’ **Chaim Potok**

‘The word *prophet* comes from the Greek ‘*Prophetes*’ which means one who speaks forth, one who proclaims a revelation, who brings a message from a god.’

***Wanderings: History of the Jews* – Chaim Potok**

‘A man will perform a sudden unthinking act of heroism or horror, and then spend much of his life in an effort to penetrate into himself and search out the hidden source of his deed.’

Chaim Potok

‘People think they know what they want but they generally don’t. Sometimes if they’re lucky they’ll get it anyways.’ ***No Country for Old Men* – Cormac McCarthy**

29

‘My eyes are blinded by my tears.’ Psalm 88:9 (NLT)

‘The land of forgetfulness.’ Psalm 88:12 (NLT)

‘No one can escape the power of the grave.’ Psalm 89:48 (NLT)

‘A sense of the inhumanity of slavery has as its religious correlate the feeling of the sanctity of all men and the divine imperative to free slaves.’

***Wanderings: History of the Jews* – Chaim Potok**

‘**Epiphany** – a moment of revelation.’ **Chaim Potok**

‘The core of the burning bush experience is the call of God.’ **Chaim Potok**

‘I know they’s a lot of things in a family history that just plain aint so. Any family. The stories get passed on and the truth gets passed over.’

***No Country for Old Men* – Cormac McCarthy**

30

‘Immigrants in this new land of grief.’ (Ocean Vuong – Poet)

‘Keep me from lying to myself.’ Psalm 119: 29 (NLT)

‘That cacophony that is social media in a moment of tragedy – We have learned to perform our grief in the public arena.’ **Colin Arthur Riley**

‘Drowning out the sound of the informed or the vulnerable with another clamouring voice.’
Colin Arthur Riley

‘People comment on tragedy in order to absolve themselves of it. I’ve realised that there are times when our voices matter to the digital world only insofar as they can be used and reshaped to allow others to feel they’ve done their part to *speak*.’ **Colin Arthur Riley**

31

‘The dawn is robed in red.’ Job 38:14 (NLT)

‘The laws of the universe.’ Job 38:33 (NLT)

‘It hates the noise of the city.’ Job 39:7 (NLT)

‘To be silent is to be complicit, people (including myself) have said. This can be true. There is certainly a silence born of cowardice, a silence that emboldens oppressors. But sometimes to be silent is to finally become honest. To halt the theatre. In the quiet, we at least hear the sound of our own interior world. The pain or numbness. The guilt. The nothing at all.’

Colin Arthur Riley

April

1

‘A voice shouting in the wilderness.’ Mark 1:3 (NLT)

‘You have every spiritual gift you need.’ 1 Corinthians 1:7 (NLT)

‘In a world of so many traumas and terrors, I am desperate for silence. It is not escapism. Not always. It is about meeting oneself...

In silence, a certain veil is lifted. We might realise that the rage we feel in public is born from fear or despair in private. **Healing is a very quiet thing.** In the silence, we can wrap our wounds. There are times when taking shelter is a noble thing to do.’ **Colin Arthur Riley**

‘What do we hear when we listen? **Some moments aren’t for words.**’ **Colin Arthur Riley**

2

‘God has shown their wisdom to be useless nonsense.’ 1 Corinthians 1:20 (NLT)

‘I came close to the edge of the cliff.’ Psalm 73:2 (NLT)

‘Feelings are real and they can certainly be plausible explanations for all kinds of behaviour. But they are not excuses or justifications.’ **Margaret Atwood**

‘Don’t Panic! Think carefully! Write clearly! Act in good faith! (Repeat) **Margaret Atwood**

3

‘The secret wisdom of God.’ I Corinthians 2:7 (NLT)

‘A foolish nation has dishonoured your name.’ Psalm 74:18 (NLT)

‘Trees have a way of bridging generations, connecting us with the past and inviting us to dream of the future. When we plant and tend trees, we imitate God.’

***Reforesting Faith* – Matthew Sleeth, MD.**

4

‘I will cut off the strength of the wicked.’ Psalm 75:10 (NLT)

‘Reading about nature is fine, but if a person walks in the woods and listens carefully, he can learn more than what is in books, for they speak with the voice of God.’

George Washington Carver

‘The Bible makes one thing clear: God can work with the most unlikely of characters just as long as they believe God is who he says he is.’ ***Reforesting Faith* – Matthew Sleeth, MD.**

‘People grow bored by what they have ready access to, even if it is a miracle. No wonder God doesn’t show up at our bidding.’ **Matthew Sleeth, MD.**

5

STRONG DELIVERER

‘The man jumped up, took the mat, and pushed his way through the stunned onlookers.’ Mark 2:12 (NLT)

‘I don’t know why they call it a newspaper. I don’t call that stuff news.’

‘No.’

‘When was the last time you read something about Jesus Christ in the newspaper?’

Bell shook his head. ‘I don’t know,’ he said. ‘I’d have to say it would be a while.’

***No Country for Old Men* – Cormac McCarthy**

‘It’s easy to fool yourself. Tell yourself what you want to hear.’ **Cormac McCarthy**

‘You can’t go to war like that. You can’t go to war without God.’ **Cormac McCarthy**

6 'People are losing sight of God's creation.' (Matthew Sleeth MD.)

'Why does he eat with such scum?' Mark 2:1 (NLT)

'I think all of us are unprepared for what is to come, and I don't care what shape it takes.'

***No Country for Old Men* – Cormac McCarthy**

'There's always been narcotics. But people don't just up and decide to dope themselves for no reason. By the millions. I don't have no answer about that.' **Cormac McCarthy**

'Any time I get to talking about how things are she'll find something in the bible, so I asked her if Revelations had anything to say about the shape things was taken and she said she'd let me know.' **Cormac McCarthy**

7 'People who plant trees are going into business with God.'

(Matthew Sleeth MD.)

'The Sabbath was made to benefit people.' Mark 2:27 (NLT)

'If you want to hear from God, you need to pay attention to miracles God places in front of us – even if it means turning off the television.' ***Reforesting Faith* – Matthew Sleeth, MD.**

'The earth and everything on it belong to God, not us. We are given dominion as God's appointed stewards, but that dominion implies tremendous responsibility.'

Matthew Sleeth, MD.

'I was a blithe, unaffected boy until I passed over the threshold of that hospital portal.'

***Lenten Lands* – Douglas Gresham**

8

'The God of miracles and wonders.' Psalm 77:14 (NLT)

'Each generation can set its hope anew on God.' Psalm 78:7 (NLT)

'The ghosts and the fears they engender, which have been locked firmly away in the deepest dungeons of my mind for twenty years have all been let limping, out into the sunlight of objectivity for examination. As a result of this exercise, I have realised that my childhood was not a time of testing and torment, but a privilege, a gift of education and experience greater than some of us gain in a lifetime.' ***Lenten Lands* – Douglas Gresham**

9 'Survival is insufficient.' (Emily St John Mandel)

‘He was deeply disturbed by their hard hearts.’ Mark 3:5 (NLT)

‘He cared for them with a true heart.’ Psalm 78:72 (NLT)

‘Without trees life on earth would be impossible.’ *Reforesting Faith* – Matthew Sleeth, MD.

‘There is hope for a tree even if it is cut down.’ **Matthew Sleeth, MD.**

10

‘Be silent before the Lord, all humanity. Zechariah 2:13 (NLT)

‘Even in death trees continue to serve.’ *Reforesting Faith* – Matthew Sleeth, MD.

‘We don’t need more wonders; we need a greater sense of wonderment.’

Matthew Sleeth, MD.

11

‘He rebuked the wind and said to the water, ‘Quiet down.’” Mark 4:39 (NLT)

‘The route... led down a narrow alleyway with a high stone wall running alongside it and at the end of this alley was a wrought-iron gate which led into the cemetery of Headington Quarry’s Holy Trinity Church. I walked down the footpath past the stone wall with its bits of broken bottle set in the top and came to the gate, a child alone, grieving, and full of fear and self-pity in a hostile world. I lifted the latch and swung the gate with its so slight, sighing squeak of weathered hinges, and stepped through the wardrobe door into a different world. Every leaf, tree, and flower seemed to snap into sharp focus and glow with life, colour, and power as if lit from within, and I was no longer alone. He was there. He had been all along, but now He made me know it and know also that He was sharing my grief and understanding my fear.’ *Lenten Lands* – Douglas Gresham

12

‘He began to tell everyone about the great things Jesus had done for him.’ Mark 5:20 (NLT)

‘I was given the knowledge... that if I felt that I really could not live without my mother, all I had to do was ask that she be spared.’ *Lenten Lands* – Douglas Gresham

‘A dying woman being torn away from those who loved and needed her was gently restored to them.’ **Douglas Gresham**

13

‘The crowd laughed at him.’ Mark 5:40 (NLT)

‘They could not have made pleasant listening, those prophets. They are a bur in the back, a fire in invisible places within us we prefer to leave dark and forgotten.’

Wanderings: History of the Jews – Chaim Potok

‘Amos marked a new development in prophecy, a unique Israelite response to corrupt faith and the social horrors of the time.’ **Chaim Potok**

‘Ezekiel is a watchman, a lookout, warning his people of the punishment that follows sin and urging repentance. Men will not be saved through the good of others, nor will they be punished for the evil of others. Each will be requited according to his own merit.

Chaim Potok

14

It is 3/4 not 4/4.

‘He destroyed them in the wilderness.’ 1 Corinthians 10:5 (NLT)

‘He will show you a way out.’ 1 Corinthians 10:13 (NLT)

‘The word ‘*maundy*’ comes from the Latin word for ‘mandate’ or ‘command.’ At the first celebration of Communion, Jesus gave his disciples a new command that they should love and serve each other. To demonstrate what He meant, He picked up a basin of water and a towel and washed their feet.’ **John Stonestreet**

‘Truth and love need never be separated and should never be separated.’ **John Stonestreet**

15

‘Herod was disturbed whenever he talked with John, but even so, he liked to listen to him.’ Mark 6:20 (NLT)

‘Truth springs up from the earth.’ Psalm 85:11 (NLT)

‘The message of Easter, of resurrection Sunday, doesn’t so much burst onto the scene as it creeps, emerging from darkness and confusion, from death and sadness.’

Melissa Lipsett (CEO of Baptist World Aid)

‘Grief and loss are like that – just when you think it can’t get any worse, it does. Sometimes the darkness around us is as deep as the dead of night and it seems as if dawn will never come.’ **Melissa Lipsett**

16

‘Sheep without a shepherd.’ Mark 6:34 (NLT)

‘Grant me purity of heart.’ Psalm 86:11 (NLT)

‘John Muir was a man of deep faith. He was used by God to save more trees and wilderness than any person in history.’ ***Reforesting Faith* – Matthew Sleeth, MD.**

17

‘He went up into the hills by himself to pray.’ Mark 6:46 (NLT)

‘When we are tired, when we are discouraged, when we are frustrated, when we are downcast, we need to do what Jesus did: seek solace in the woods.’ **Matthew Sleeth, MD.**

18 **It doesn’t have to be perfect, just complete.**

‘Their worship is a farce.’ Mark 7:7 (NLT)

‘It is the thought-life that defiles you.’ Mark 7:20 (NLT)

‘The Spirit of the Lord began to take hold of him.’ Judges 13:25 (NLT)

‘I was an only child in a turbulent family, and writing was my refuge.’ **Amanda Bestor-Siegal**

‘Hinge moments – a singular moment that upends a person, a life.’ **Amanda Bestor-Siegal**

‘When my mother died, writing became the only method I had to preserve her, to keep her alive.’ **Amanda Bestor-Siegal**

‘I felt like a lone survivor of a shipwreck no one else had experienced and I was afraid of infecting other people with my newfound darkness.’ **Amanda Bestor-Siegal**

19

‘A little girl who was possessed by an evil spirit.’ Mark 7:25 (NLT)

‘Grief has already taken my ability to speak, to write, to be me, and it was a language I’d had to learn alone; I hadn’t had someone to practice with me.’ **Amanda Bestor-Siegal**

‘For the majority of the earth’s population on whom it has been imposed, the internet complex is the implacable engine of addiction, loneliness, false hopes, cruelty, psychosis, indebtedness, squandered life, the corrosion of memory, and social disintegration.’

Jonathon Crary

‘If there is to be a liveable and shared future on our planet, it will be a future offline.’

Jonathon Crary

20

‘Give us a miraculous sign.’ Mark 8:11 (NLT)

‘No one can escape the power of the grave.’ Psalm 89:48 (NLT)

The relationship of thinking to reading – ‘and it is not enough to cram ourselves with a great load of collections; unless we chew them over again, they will not give us strength and nourishment.’ **John Locke**

‘Rabbi Akiva was ten years before the destruction of the Temple. He was a scholar, a passionate lover of God, a believer in man’s freedom to choose his own way in a world guided by a providential Deity. He was a mystic.’

Wanderings: History of the Jews – Chaim Potok

21 ‘Dig much earth to find a little gold.’ (Heraclitus)

‘There was only one loaf of bread with them in the boat.’ Mark 8:14 (NLT)

‘Teach us to make the most of our time.’ Psalm 90:12 (NLT)

‘Sometime in the early centuries of the common era a new theme was being added to the history of our species. Now the ashes of books would become, together with the remains of men, part of the crust of the earth upon which we tread.’

Wanderings: History of the Jews – Chaim Potok

‘We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.’ **Dorothy Day (Social Activist)**

22

‘They look like trees walking around.’ Mark 8:24 (NLT)

‘The people did whatever seemed right in their own eyes.’ Judges 21:25 (NLT)

‘Ah, would that I be a servant of God, my Maker! Though every friend were far from me, yet He would draw me near.’ **Judah Halevi (12th century)**

‘Jesus (Joshua) – His teachings reveal a profound love for the oppressed, the outcast. He urged purity of heart, poverty and humility, not pride and possessions.’

Wanderings: History of the Jews – Chaim Potok

23

‘The last enemy to be destroyed is death.’ 1 Corinthians 15:26 (NLT)

‘You thrill me, Lord, with all you have done for me. Psalm 92:4 (NLT)

‘The divine presence rests upon Israel even in the lands of exile.’

Wanderings: History of the Jews – Chaim Potok

24

‘He really didn’t know what to say.’ Mark 9:6 (NLT)

‘Our bodies now disappoint us.’ 1 Corinthians 15:43 (NLT)

‘Nothing you do for the Lord is ever useless.’ 1 Corinthians 15:55 (NLT)

‘The Crusades continued for about three hundred years. They offer us a portrait of Christendom at its best and worst; piety and butchery were intimate companions fused by religious sanction.’ ***Wanderings: History of the Jews – Chaim Potok***

25

‘Mysteries truly sacred.’ (Clement of Alexandria)

‘The evil spirit often makes him fall into the fire or into water, trying to kill him. Mark 9:22 (NLT)

‘Let your glorious justice be seen.’ Psalm 94:1 (NLT)

‘Christianity showed how the community of a Christian congregation could be an effective embrace against the bitter chill of urban loneliness, felt by the peasant who had come to the city seeking work, by the lonely soldier released from the army, the freed slave, the ruined landowner, the pensioner whose fixed income was being devoured by inflation. Christian philanthropy toward strangers, its impulse toward mutual concern, its care of the dead, its acceptance of every person no matter from what tribe, city or countryside – these were the attractions of the early church to the masses of mankind.’

Wanderings: History of the Jews – Chaim Potok

26

‘The world is firmly established, and it cannot be shaken. Psalm 96:10 (NLT)

‘The quiet but imposing presence of a tree is a powerful display of authenticity.’

Walt Whitman (American Poet)

‘Sometime during the early decades of the sixteenth century, Poland annexed much of what is today the Ukraine. The word Ukraine means ‘borderlands’ – in this case, the forests and fertile meadowlands to the east of Poland.’ ***Wanderings: History of the Jews – Chaim Potok***

‘The peasants of the Ukraine were of the Greek Orthodox faith.’ **Chaim Potok**

27

‘God places the lonely in families.’ Psalm 68:6 (NLT)

‘Each day he carries us in his arms.’ Psalm 68:19 (NLT)

‘The 24-hour rule states that you turn the page every day. No matter what. You can celebrate or cry but tomorrow you turn the page. Tomorrow is a new day.’ **Shane Parrish**

‘On the 24th October 1786, George III appointed ‘our trusty and well-beloved Richard Johnson... to be Chaplain to the settlement within our territory New South Wales. Johnson sailed to Australia with a library of 4000 books, including 100 Bibles, 400 New Testaments, 100 Prayer Books, and 500 Psalters.’

Beating France to Botany Bay – Margaret Cameron-Ash

28

‘To increase knowledge only increases sorrow.’ Ecclesiastes 1:18 (NLT)

‘God gives wisdom, knowledge, and joy to those who please him.’ Ecclesiastes 2:26 (NLT)

‘God has planted eternity in the human heart.’ Ecclesiastes 3:11 (NLT)

‘It was a successful appointment. During the eight-month voyage, Johnson held religious services on several of the ships and baptised children born on board. After landing at Port Jackson, his first official service was held on Saturday 3rd February ‘under a great tree’ which stood at today’s corner of Hunter and Bligh Streets in Sydney.’

Beating France to Botany Bay – Margaret Cameron-Ash

29

‘Learn to do good. Seek justice. Help the oppressed. Defend the orphan. Fight for the rights of widows.’ Isaiah 1:7 (NLT)

‘Walk in the light of the Lord.’ Isaiah 2:5 (NLT)

‘Inside the Bay, Philip’s preparations for departure were suddenly thrown into disarray. The dawn sighting of two unknown ships at the entrance, was a tremendous shock. As Ralph Clark wrote to a friend: ‘we as soon expected to see St. Paul coming into the Bay as two strange ships.’’ ***Beating France to Botany Bay – Margaret Cameron-Ash***

‘The people assembled under a large tree above the Tank Stream and Johnson spoke to them, choosing as his text Psalm 116:12 ‘What shall I render unto the Lord for all his benefits towards me.’ The words were intended to reflect the relief and gratitude of his

congregation who had been delivered to a promising new life.'

Beating France to Botany Bay – Margaret Cameron-Ash

30

'A place of refreshing springs, where pools of blessing collect after the rains.' Psalm 84:6 (NLT)

'A sign of your favour.' Psalm 86:17 (NLT)

'There were two major historical races, the Aryan, and the Semitic. The Aryan race had a dream: It sought to explain and beautify life. The Semitic race too had a dream: It yearned to moralise and sanctify life. Races – there is neither inferiority nor superiority, only variety.'

The City of Slaughter – Chaim Nachman Bialik (Russian Jewish Poet) as per Chaim Potok

May

1

'You must have the qualities of salt.' Mark 9:50 (NLT)

'We are the people he watches over.' Psalm 95:7 (NLT)

'Dreaming is cleaner than living. Does that mean we should be without dreams?'

Wanderings: History of the Jews – Chaim Potok

2

'Nothing written between the lines.' 2 Corinthians 1:13 (NLT)

'He is the divine Yes.' 2 Corinthians 1:19 (NLT)

'Let the trees of the forest rustle with praise.' Psalm 96:12 (NLT)

'While walking is certainly not the most efficient way to see a city, it is the most pleasant, insightful, and human. I don't think you can know a place unless you walk it, because it isn't about distance, but about contact.' **Chris Arnade**

'Current social media platforms, especially Twitter and Facebook, are best understood as madhouses in which we have incarcerated ourselves.' **Alan Jacobs**

'The greatest sources of our suffering are the lies we tell ourselves.' **Elvin Semrad**

3

‘Our lives are a fragrance presented by Christ to God.’ 2 Corinthians 2:15 (NLT)

‘Trauma, whether it is the result of something done to you or something you yourself have done, almost always makes it difficult to engage in intimate relationships.’

***The Body Keeps the Score* – Bessel Van Der Kolk**

‘Without imagination there is no hope, no chance to envision a better future, no place to go, no goal to reach.’ **Bessel Van Der Kolk**

‘For hours a day, I sit fishing on the bank of this void, staring into it, hoping for a ripple, waiting for the line to grow taut, for a word to take the bait, and if it’s a sentence, even better...’ **Andrea Bajani**

4

‘I want to see!’ Mark 10:51 (NLT)

‘But when anyone turns to the Lord, then the veil is taken away.’ 2 Corinthians 3:16 (NLT)

‘Elvin Samrad taught us that most human suffering is related to love and loss and that the job of therapists is to help people *‘acknowledge, experience, and bear the reality of life – with all its pleasures and heart break...’* People can never get better without knowing what they know and feeling what they feel.’ ***The Body Keeps the Score* - Bessel Van Der Kolk**

‘I wonder how many days remain to me and whether, if I pass out of existence without testament, something necessary will be lost.’ ***Devotions* – Hannah Kent**

5

‘I believe in God, and so I speak.’ 2 Corinthians 4:13 (NLT)

‘The joys to come will last forever.’ 2 Corinthians 4:18 (NLT)

‘It is enormously difficult to organise one’s traumatic experiences into a coherent account – a narrative with a beginning, a middle, and an end.’ CBS correspondent Ed Murrow struggled to convey the atrocities he saw when the Nazi concentration camp Buchenwald was liberated in 1945: ‘I pray you believe what I said. I reported what I saw and heard, but only part of it. For most of it I have no words.’

***The Body Keeps the Score* – Bessel Van Der Kolk**

‘I knew what it was to feel strange and solitary. How well I was placed, then, to befriend the friendless. My heart was ready to be unfolded and afflicted.’ ***Devotions* – Hannah Kent**

6

‘Does tasting a little honey deserve death?’ 1 Samuel 14:43 (NLT)

‘I remember the whittling down of all we owned to those precious trunks, the home gutted and made strange.’ **Devotions – Hannah Kent**

‘There was a time when wakefulness wound my thoughts into wire. But there is so much to love about the night, if you know how to surrender to it.’ **Hannah Kent**

‘The North Sea was before us, churning blue and green, capped with white, and something in me lifted. I was struck by the immensity of the ocean. My spirit rose in recognition of its divinity.’ **Hannah Kent**

7

‘I will refuse to look at anything vile and vulgar.’ Psalm 101:3 (NLT)

‘Things of the spirit reach beyond the farthest boundary of words.’

Devotions – Hannah Kent

‘... dawn rose flaming in the east, a bonfire sucking air from sky.’ **Hannah Kent**

‘Unanchored from life, I could be unmoored from fear of its loss.’ **Hannah Kent**

8

‘They were the wicked farmers in his story.’ Mark 12:12 (NLT)

‘I lie awake, lonely as the solitary bird on the roof.’ Psalm 102:7 (NLT)

‘My mother was possessed by loss.’ **Devotions – Hannah Kent**

‘Great afflictions are great instruments. They open the hidden treasures of God’s mercy.’
Hannah Kent

‘Holy Writ of living things, each one a prayer against the teeth.’ **Hannah Kent**

9

‘Our days on earth are like grass.’ Psalm 103:15 (NLT)

‘The valley was open country, expansive, interrupted only by immense gum trees that drew the eyes skywards and stretched the throat.’ **Devotions – Hannah Kent**

‘The simplest way to achieve simplicity is through thoughtful reduction.’

The Laws of Simplicity – John Maeda

‘When forced to wait, life seems unnecessarily complex.’ **John Maeda**

‘When there is less, we appreciate everything much more.’ **John Maeda**

‘I’ve climbed the mountain of grief and I know how much every step hurts.’ **Kellie Haddock**

10 **‘In wisdom you have made them all.’ (Psalm 104:24)**

‘For your generosity to them will prove that you are obedient to the Good News of Christ.’ 2 Corinthians 9:13 (NLT).

‘When you send your Spirit, new life is born.’ Psalm 104:30 (NLT)

‘Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and freedom.’ **Viktor Frankl**

Quote as a formula **S()R**

‘The coastline - there was a deep love song of granite submitting to time and weather.’

Devotions – Hannah Kent

‘Distance and time affected nothing upon my heart.’ **Hannah Kent**

11 **Simplicity = Sanity**

‘Do not touch these people I have chosen.’ Psalm 105:15 (NLT)

‘It is a serious thing to attack the Lord’s anointed one.’ 1 Samuel 24:6 (NLT)

‘It is nearly dawn now. The hour of the first birds and their summoning of light and warmth. I feel the night leaving over the edge of the world, like a tablecloth slipping to the ground.’

Devotions – Hannah Kent

‘I wished for him all things that might make a life beautiful. A love of growing things, a noticing of the overlooked. A sturdy, soft heart ever open to ordinary divinity.’ **Hannah Kent**

‘If you ever feel pain that comes from a deep knowing that it will not last, that it cannot last, it will pass, it is passing, know that some things remain.’ **Hannah Kent**

12 **Let not faith and hope forsake us.**

‘You seem to believe whatever anyone tells you. 2 Corinthians 11:4 (NLT)

‘Natural environments experienced in solitude seemed especially restorative to people who are mentally fatigued or socially stressed.’ **Joachim Wohlwill (Psychologist)**

‘Over recent decades we have come from dwelling in another world in which the living works of nature either predominated or were near at hand, to dwelling in an environment

dominated by a technology which is wondrously powerful and yet none the less dead.’
Howard Searles (American Psychologist 1960)

13 ‘All truly great thoughts are conceived while walking.’ (Aristotle)

‘For the sake of his chosen ones.’ Mark 13:20 (NLT)

‘I may not be a trained speaker, but I know what I am talking about.’ 2 Corinthians 11:6 (NLT)

‘If you are depressed or anxious, social walking in nature boosts your mood, assuming you are walking with people you like. If you want to solve problems in your life, self-reflect and jolt your creativity, it is better to go alone, in a safe place.’

The Nature Fix – Florence Williams

‘A writer is always writing, seeing everything through a thin mist of words, fitting swift little descriptions to everything he sees, always noticing.’ **Shirley Jackson**

14

‘Only the Father knows.’ Mark 13:32 (NLT)

‘For when I am weak, then I am strong.’ 2 Corinthians 12:10 (NLT)

‘He snapped their chains.’ Psalm 107:14 (NLT)

‘It has long been believed that walking in restorative settings could lead not only to physical vigour but to mental clarity and even bursts of genius, inspiration, and overall sanity.

The Nature Fix – Florence Williams

15

‘All the people wept.’ 2 Samuel 3:34 (NLT)

‘I can only meditate when I am walking. When I stop, I cease to think; my mind only works with my legs.’ ***Confessions – Jean-Jacques Rousseau***

16 Revelatory gifts open doors that would otherwise remain shut.

‘He stands beside the needy.’ Psalm 109:31 (NLT)

‘I am willing to act like a fool to show my joy in the Lord.’ 2 Samuel 6:21 (NLT)

‘To you, clerk, literary man, sedentary person, man of fortune, idler, the same advice – Up! The world is full of zest and beauty for you if you approach it in the right spirit! Out in the morning!’ **Walt Whitman**

‘Wordsworth was a child of trauma. His mother died when he was eight and his father when he was thirteen. He was sent off to live with unsympathetic relatives. Money was tight and the siblings lived apart. It’s hard to overstate the stress of these events.’

***The Nature Fix* – Florence Williams**

17

‘He himself will be refreshed from brooks along the way.’ Psalm 110:7 (NLT)

‘David reigned over all Israel and was fair to everyone.’ 2 Samuel 8:15 (NLT)

‘Being traumatised means continuing to organise your life as if the trauma were still going on – unchanged and immutable – as every new encounter or event is contaminated by the past.’ ***The Body Keeps the Score* – Bessel Van Der Kolk**

‘Being able to move and do something to protect oneself is a critical factor in determining whether or not a horrible experience will leave long lasting scars.’ **Bessel Van Der Kolk**

18 **Neurons that fire together, wire together.**

‘Reverence for the Lord is the foundation of true wisdom.’ Psalm 111:10 (NLT)

‘Only human beings command the words and symbols necessary to create the communal, spiritual, and historical contexts that shape our lives.’

***The Body Keeps the Score* – Bessel Van Der Kolk**

‘He read and read with the hunger of someone seeking more than diversion.’

***The Guide* – Peter Heller**

‘It was why, after his mother died, he disappeared into the creeks. The only place aside from books he could find a minute of solace.’ **Peter Heller**

‘Enthusiasm was not an emotion or state of being he could much relate to. He wasn’t against it, he just approached the few joys in his life, in a quieter way.’ **Peter Heller**

19

‘My soul is crushed with grief to the point of death.’ Mark 14:34 (NLT)

‘Who hit you that time, you prophet?’ Mark 14:65

‘He marvelled how, as soon as he stepped into the creek, the rhythms changed, and all the natural laws governing movement and gravity and light seemed to alter. Light moved differently on the water, and so did he.’ ***The Guide* – Peter Heller**

‘Pop – a man not yet fifty wearing his granny reading glasses that Jack teased him about, a man not old but going grey, from grief probably, and dashed hopes.’ **Peter Heller**

20 **Challenge – What is in front of you.**

‘There is no longer Jew or Gentile, slave or free, male or female. For you are all Christians – you are one in Christ.’ Galatians 3:28 (NLT)

‘People need people, more than any other being needs any other being, and Jack thought as he sifted the remnants of the nightmare that the need makes us particularly vulnerable.’

***The Guide* – Peter Heller**

‘We are entrusted with certain souls, and we are beholden in a broader sense, as people, to take care of others.’ **Peter Heller**

‘He had learned that fishing was much less a distraction than a form of connection: of connecting to the best part of himself, and to a discipline that demanded that he stay open to every sense, to the nuances of the season and to the instrument of his own body, his own agility or fatigue.’ **Peter Heller**

21

‘So Pilate, anxious to please the crowd...’ Mark 15:15 (NLT)

‘What is in the cultural water that we drink?’ **Andrew Grills**

‘Heroes in our daydreams; faithfulness best seen in private.’ **Andrew Grills**

22 **Speaking truth to power.**

‘He lifts the needy from the garbage dump.’ Psalm 113:7 (NLT)

‘There are some things you have to throw away to preserve them.’ **Ben Pfahlert**

‘The fourth quarter – our influence with God grows stronger.’ **Andrew Grills**

‘Obedience precedes understanding.’ **Peter Jensen**

23 **‘80% of success is showing up.’ (Woody Allen)**

‘When they were finally tired of mocking him...’ Mark 15:20 (NLT)

‘Acceptable to God because of our faith.’ Galatians 4:31 (NLT)

‘When you show up you show intent. Starting is the hardest part.’

‘Memories reside happily in smells the way swallows inhabit old barns.’

The Guide – Peter Heller

‘His line caught the sun with every cast. And the rhythm of it, and the way he moved with care and without haste, seemed as natural a part of the morning as a deer stepping to water.’ **Peter Heller**

‘Today is made of fresh hope.’ **Ann Voskamp**

‘What we are we repeatedly do.’ **Aristotle**

‘Our rhythm becomes our everyday liturgy.’ **Ann Voskamp**

24 **Finish strongly.**

‘Truly, this was the Son of God.’ Mark 15:39 (NLT)

‘Faith expressing itself in love.’ Galatians 5:6 (NLT)

‘The Lord’s loved ones are precious to him; it grieves him when they die.’ Psalm 116:15 (NLT)

‘Now came the solemn, silent evening. Long, blue, spiky shadows crept out across the snowfields, while a rosy glow, at first scarce discernible, gradually deepened and suffused every mountaintop, flushing the glaciers and the harsh crags above them. This was the alpenglow... At the touch of this divine light, the mountains seemed to kindle to a rapt religious consciousness and stood hushed and waiting like devout worshippers.’

The Mountains of California – John Muir

25

‘Let us follow the Holy Spirit’s leading in every part of our lives.’ Galatians 5:25 (NLT)

‘My cry reached his ears.’ 2 Samuel 22:7 (NLT)

‘They attacked me at the moment when I was weakest.’ 2 Samuel 22:19 (NLT)

‘He looked back out the window, and we sat in silence a long time. It was a warm silence, though, not in the least bit awkward.’ ***The Chosen – Chaim Potok***

‘History is full of examples of boys diagnosed with ADHD who went on to become celebrated iconoclasts like wilderness advocate John Muir, who spent his early childhood

sneaking out at night, dangling from the windowsill by his fingertips, and scaling treacherous seaside cliffs in Dunbar, Scotland.' ***The Nature Fix* – Florence Williams**

26 Books read side by side appear to be in conversation.

'I bear on my body the scars.' Galatians 6:17 (NLT)

'The Lord is for me.' Psalm 118:6 (NLT)

'The strong right arm of the Lord.' Psalm 118:18 (NLT)

'Grief needs to speak, and we need to keep making spaces for letting all of us share all kinds of deep lament.' **Ann Voskamp**

'The digital age is profoundly narrowing our horizons and our creativity, not to mention our bodies and physiological capabilities.' **James Balog (adventure photographer)**

27 You become yourself through caring.

'God gives rest to his loved ones.' Psalm 127:2 (NLT)

'May you live to enjoy your grandchildren.' Psalm 128:6 (NLT)

'All human children learn by exploration. So, I had to wonder if we are cutting them off at the knees, not just with medication, but through overstructured, overmanaged classrooms and sports teams, less freedom to roam and ever-more-dazzling indoor seductions.'

***The Nature Fix* – Florence Williams**

'A garden teaches you to be observant, how to look at things. **Catie Marron**

'Both books and gardens give our imagination a chance to roam. To feel rooted, you have to put down roots.' **Catie Marron**

28

'The godless are like thorns... they tear the hand that touches them.' 2 Samuel 23:6 (NLT)

'Be a good steward of your gifts. Protect your time. Feed your inner life. Avoid too much noise. Read good books, have good sentences in your ears. Be by yourself as often as you can. Walk. Take the phone off the hook. Work regular hours.' **Jane Kenyon (poet)**

29 Every tree helps.

'Even this is meaningless, like chasing the wind.' Lamentations 2:26 (NLT)

'An ultrasimple coda: Go outside, often, sometimes in wild places. Bring friends or not. Breathe!' ***The Nature Fix* – Florence Williams**

'Nature doesn't have to be pervasive. One tree is an awful lot better than no tree.'

30 **'Don't make rash promises to God.'** (Ecclesiastes 5:2)

'God has made everything beautiful for its own time.' Ecclesiastes 3:11 (NLT)

'I saw the tears of the oppressed.' Ecclesiastes 4:1 (NLT)

'If a person has a contribution to make, he must make it in public. If learning is not public, it is a waste.' ***The Chosen* – Chaim Potok**

'Being a writer is like having homework every night for the rest of your life.'
Lawrence Kasdan (filmmaker)

'If you go for a walk, the day never feels like a waste.' **Austin Kleon**

'Walking is an effective and generative pastime for creative people.' **Aaron Angello**

'If you shout in the darkness, someone will hear.' **Jeff Goins**

31 **What am I avoiding?**

'Living under a cloud.' Ecclesiastes 5:11 (NLT)

'What a blessing was that stillness.' Psalm 107:30 (NLT)

'Every story of success is a story of community.' **Jeff Goins**

'Writing a book is like weeding a garden. It just needs to get done.' **Lily Chu (writer)**

'My soul wants to dance on rainbows, but life demands that I pay the gas bill on time.'
Lily Chu

'A list acts as a daily journal, a summary of what's going on in my life and what's coming up.'
Lily Chu

'I hated the silence between us. Silence was ugly, it was black, it leered, it was cancerous, it was death.' ***The Chosen* – Chaim Potok**

June

1 **Life is sacred from the moment of conception.**

'He has taken away my disgrace.' Luke 1:25 (NLT)

‘We belong to Christ.’ Ephesians 1:3 (NLT)

‘The sycamores formed a tangled bower through which the sun shone brightly, speckling the ground. There were tiny buds on these leaves. In a month, those leaves would shut out the sky, but now the sun came through and brushed streaks of gold across the sidewalks, the street, the talking women, and the playing children.’ ***The Chosen* – Chaim Potok**

‘I cannot give anything like an adequate idea of the exquisite beauty of these mountain carpets as they lie smoothly outspread in the savage wilderness. What words are fine enough to picture them.’ ***The Mountains of California* – John Muir**

2 Embracing the innate dignity of all human beings, no matter how small.

‘I have hidden your word in my heart.’ Psalm 119:11 (NLT)

‘Give me an understanding mind.’ 1 Kings 3:9 (NLT)

‘A man is born into this world with only a tiny spark of goodness in him. The spark is God, it is the soul; the rest is ugliness and evil, a shell. The spark must be guarded like a treasure, it must be nurtured, it must be fanned into flame. It must learn to seek out other sparks, it must dominate the shell. Anything can be a shell, Reuven. Anything – indifference, laziness, brutality, and genius. Yes, even a great mind can be a shell and choke the spark.’

***The Chosen* – Chaim Potok**

3 Finding stability in a landscape of instability.

‘We are God’s masterpiece.’ Ephesians 2:10 (NLT)

‘A heart I need for a son, a soul. I need for a son, compassion. I want from my son, righteousness, mercy, strength to suffer and carry pain, that I want from my son, not a mind without a soul.’ ***The Chosen* – Chaim Potok**

‘My brother went to France where he became a great mathematician and taught in a university. He died in a gas chamber in Auschwitz. I learned of it four years ago. He was a Jew when he died, not an observer of the Commandments, but not a convert, thank God. I would like to believe that before he died, he learned how much suffering there is in this world. I hope so. It will have redeemed his soul.’ **Chaim Potok**

4

‘His name is John.’ Luke 1:63 (NLT)

‘We who believe are carefully joined together.’ Ephesians 2:21 (NLT)

'I found my own meaning for my brother's death, for the death of the six million, I found it in God's will.' ***The Chosen* – Chaim Potok**

5

'Keep me from lying to myself.' Psalm 119:29 (NLT)

'One learns of the pain of others by suffering one's own pain,' he would say, 'by turning inside oneself, by finding one's own soul.'

'And it is important to know of pain,' he said. 'It destroys our self-pride, our arrogance, our indifference toward others. It makes us aware of how frail and tiny we are and how much we must depend on God.' ***The Chosen* – Chaim Potok**

6

'You alone know the human heart.' 1 Kings 8:39 (NLT)

'The influences of pure nature seem to be so little known as yet, that it is generally supposed that complete pleasure of this kind, permeating one's very flesh and bones, unfits the student for scientific pursuits in which cool judgment and observation are required. But the effect is just the opposite. Instead of producing a dissipated condition, the mind is fertilised and stimulated and developed like sun-fed plants.'

***The Mountains of California* – John Muir**

'Vulnerability is not weakness; it's our greatest measure of courage.'

***Atlas of the Heart* – Brené Brown**

Generalised anxiety disorder – 'is a condition of excessive worry about everyday issues and situations.'

7

'The armies of heaven.' Luke 2:13 (NLT)

'He is able to accomplish infinitely more than we would ever dare to ask or hope.' Ephesians 3:20 (NLT)

'Winds are advertisements of all they touch, however much or little we may be able to read them, telling their wanderings even by their scents alone. Mariners detect the flowery perfume of land-winds far at sea.' ***The Mountains of California* – John Muir**

'Storms are fine speakers, and tell all they know, but their voices of lightning, torrent, and rushing wind are much less numerous than the nameless still, small voices too low for

human ears; and because we are poor listeners, we fail to catch much that is fairly within reach: Our best rains are heard mostly on roofs...' **John Muir**

8

'A light to reveal God to the nations.' Luke 2:32 (NLT)

'He has given us a special gift.' Ephesians 4:7 (NLT)

'Holding to the truth in love.' Ephesians 4:15 (NLT)

'Reverence, which is sometimes called adoration, worship, or veneration, is a deeper form of admiration or respect and is often combined with a sense of meaningful connection with something greater than ourselves.' ***Atlas of the Heart* – Brené Brown**

'Choosing to be curious is choosing to be vulnerable because it requires us to surrender to uncertainty.' **Brené Brown**

'We need hope like we need air.' **Brené Brown**

9

'Small is the gate and narrow the road that leads to life.' Matthew 7:14 (NLT)

'Nothing that celebrates the humiliation or pain of another person builds lasting connection.' ***Atlas of the Heart* – Brené Brown**

'Grief does not obey your plans, or your wishes. Grief will do whatever it wants to you, whenever it wants to. In that regard, grief has a lot in common with love. **Elisabeth Gilbert**

'Most people who struggle with complicating loss feel a great press to 'tell the story,' to find someone willing to hear what others cannot, and who can join them in making sense of the death without withdrawing into awkward silence or offering trite and superficial advice regarding the questions it poses.' **Robert A. Neimeyer**

'Boredom is your imagination calling to you.' **Sherry Turkle**

10

'He is ready to separate the chaff from the grain.' Luke 3:17 (NLT)

'Use your hands for honest work.' Ephesians 4:28 (NLT)

'The rain began to abate. I sauntered down through the dripping bushes revelling in the universal vigour and freshness that inspired all the life about me.'

***The Mountains of California* – John Muir**

‘When the glorious pearl and alabaster clouds of these noonday storms are being built, I never give attention to anything else. No mountain or mountain range, however divinely clothed with light, has a more enduring charm than these fleeting mountains of the sky.’

John Muir

‘Anguish is an almost unbearable and traumatic swirl of shock, incredulity, grief, and powerlessness.’ ***Atlas of the Heart* – Brené Brown**

11

‘Faith expressing itself in love.’ Galatians 5:6 (NLT)

‘The greatest tragedy is not suffering; the greatest tragedy is suffering wasted. All suffering, small or great, can be used for much good.’ **John Cardinal O’Connor**

***Prison Journal Volume 3* – George Cardinal Pell**

12

‘The Devil left him until the next opportunity came.’ Luke 4:13 (NLT)

‘We don’t grow as persons in the good times; growth comes in times of adversity.’

Joel Osteen

‘Don’t focus on the enormity of the task, rather focus on the smallest thing you can do that moves you forward.’ **Shane Parrish**

‘When courage accompanies truthfulness, we have the foundations of wisdom.’

***Prison Journal Volume 3* – George Cardinal Pell**

13

‘He slipped away through the crowd.’ Luke 4:30 (NLT)

‘Your faithfulness extends to every generation.’ Psalm 119:90 (NLT)

My dearest Lord,
Be thou a bright flame before me.
Be thou a guiding star above me.
Be thou a smooth path beneath me.
Be thou a kindly shepherd behind me.
Today and forever. Amen. St. Columba (521 – 597)

‘Without a Creator God, a Supreme Intelligence, existence has no ‘telos’, no point or purpose.’ ***Prison Journal Volume 3* – George Cardinal Pell**

14

‘Spread like wildfire’ Luke 4:37 (NLT)

‘In the time of evil.’ Ephesians 6:13 (NLT)

‘The Prime Minister has cut short his Hawaiian holiday to return home, and protestors are outside the prime minister’s residence in Canberra, protesting government inactivity on climate change. The point that we can do little to prevent bushfires apart from deterring arsonists and burning off excess undergrowth (often resisted) and that banning coal mining would have no effect on the fires whatsoever has been lost completely on the small number of extremist protestors.’ ***Prison Journal Volume 3 – George Cardinal Pell***

15

‘God, who began the good work within you.’ Philippians 1:6 (NLT)

‘Your decrees... are truly my hearts delight.’ Psalm 119:111 (NLT)

‘The Big Bash cricket is like Impressionist painting, inasmuch as it is beautiful and attractive but lacks intellectual rigour and spiritual sustenance, which are found both in classical painting from the fifteenth century and Test cricket.’

Prison Journal Volume 3 – George Cardinal Pell

‘Christians have as much right to participate in public life and discussion as any other group, and we need to be active and vocal. To be cowed into silence would be shameful, and to be drowned in political correctness would be worse.’ **George Cardinal Pell**

16

‘If you say so, we’ll try again.’ Luke 5:5 (NLT)

‘I live in eager expectation and hope.’ Philippians 1:20 (NLT)

‘We have this misconception that’s a little on the toxic positivity spectrum where we’re like, “If I’m feeling sad, or if I’m feeling angry, or if I’m feeling scared, something has gone horribly wrong, and I haven’t done it right.” When in fact there are times when it’s normative to feel sad, or frustrated, or scared...’ **Professor Laurie Santos**

‘The Stockholm Syndrome is when a captive adopts the creed of the captors and changes sides.’ ***Prison Journal Volume 3 – George Cardinal Pell***

17

‘Jesus often withdrew to the wilderness for prayer.’ Luke 5:16 (NLT)

‘Beyond the bridge, the other side of the river was always cloaked in fog. I had no idea what the fog hid, and yet – with the kind of certainty that can only be called faith, the kind of anticipation that can only be called hope, and the kind of longing that can only be called love – I wanted to find out.’ ***The Unhiding of Elijah Campbell* – Dr. Kelly Flanagan**

‘God hasn’t forgotten us, and unconsciously exaggerating our troubles can be used as an excuse for our mistakes and inactivity. ***Prison Journal Volume 3* – George Cardinal Pell**

18

‘The name that is above every other name.’ Philippians 2:9 (NLT)

They all were looking for a King

To slay their foes, and lift them high,

Thou cam’st a little baby thing

That made a woman cry.

‘That Holy Thing’ - George MacDonald

19

‘Rivers of tears gush from my eyes.’ Psalm 119:136 (NLT)

St. Peter Chrysologus on the Incarnation and the visit of the three wise men.

‘Today the Magus, the wise men, finds weeping in the crib him who he sought for shining in the stars...

Today the wise man ponders in profound amazement over what he sees there: heaven on earth, earth in heaven, man in God, God in man, and him whom the whole universe cannot contain, confined in a tiny body.’ ***Prison Journal Volume 3* – George Cardinal Pell**

20 ‘Tolerance collapses when the concept of truth is destroyed or rejected.’ (George Cardinal Pell)

‘He risked his life for the work of Christ’ Philippians 2:30 (NLT)

‘We pray for pardon for what is already past, grace to go through what we have in hand, and wisdom warily to foresee what is to come.’ **Sir Thomas More**

‘Today we are often encouraged by silence to ignore the fact that we must repent. If we define sins out of existence or omit to be ‘sorry’ or say ‘sorry’, then the good God’s activity is constrained.’ ***Prison Journal Volume 3* – George Cardinal Pell**

'If Christianity continues to decline as an influence on minds and hearts, the society of the future will become less and less merciful, less forgiving on many fronts. This is already obvious in the attributes of the woke generation in identity politics.' **George Cardinal Pell**

21

'And put my hope in your words.' Psalm 119:147 (NLT)

'Christians of the future will be distinguished from many of their rich, secular counterparts by the fact that they will produce their own children by an act of parental love making.'

Prison Journal Volume 3 – George Cardinal Pell

'The world has a double attacking strategy against the soldiers of Christ: it flatters to deceive, and it frightens to intimidate.' **St. Augustine**

'If you want to identify me, ask me not where I live or what I like to eat or how I comb my hair, but ask me what I am living for.' **Thomas Merton**

22

'The enemies of Jesus were wild with rage.' Luke 6:11 (NLT)

'I have celebrated many funerals over fifty years of priesthood and the grief of the family, friends, and congregation differs radically depending on the presence or absence of belief in life after death... Christian hope is a powerful human support, based on the belief that our God, the only God, is good.' ***Prison Journal Volume 3 – George Cardinal Pell***

'I am not solitary whilst I read and write, though nobody is with me.' **Ralph Waldo Emerson**

23

'I look up to the mountains.' (Psalm 121:1) **NLT**

'Forgetting the past and looking forward to what lies ahead.' Philippians 3:13 (NLT)

'Sport is like money, which is a useful servant but an unsatisfying master, while being less destructive than money.' ***Prison Journal Volume 3 – George Cardinal Pell***

'It was the dream of every survivor – every prisoner – to tell, to relate, to recount; the nightmare was not to be believed.' ***If This Is a Man – Primo Levi***

Viaggi della Memoria (Memory Journeys) – educational trips to twentieth-century historical sites related to the Holocaust, organised for students... Accompanying them – historians, survivors, and witnesses of the concentration camps.

24

‘Sure to obey the truth we have learned already.’ Philippians 3:16 (NLT)

‘Give me the discerning mind you promised.’ Psalm 119:169 (NLT)

‘Death is everywhere around us. And yet strangely, we are not afraid of it, and we quickly get used to this parallel reality. We are always seeing the corpses of adults. Bodies piled in a corner, heaped up in a barrack, transported by other prisoners. We play around what Tati calls the ‘pyramids of corpses:’ white, skeletal, striking.’

Always Remember Your Name – Andra & Tatiana Bucci

25

‘What good is it for one blind person to lead another?’ Luke 6:39 (NLT)

‘I realise it is unusual for me to be banging on about the birds once again, but deprivation makes you more aware and more grateful when these small blessings return.’

Prison Journal Volume 3 – George Cardinal Pell

26

‘A house without a foundation.’ Luke 6:49 (NLT)

‘I have learned the secret in every situation.’ Philippians 4:12 (NLT)

‘At Lingfield we immediately felt loved. The women who took care of us had a very clear idea of what we needed: affection and love.’

Always Remember Your Name – Andra & Tatiana Bucci

‘What a slender thread memory is, always in danger of snapping.’ **Andra & Tatiana Bucci**

27

‘Just say the word.’ Luke 7:7 (NLT)

‘Pray for the peace of Jerusalem.’ Psalm 122:6 (NLT)

‘The sleep of reason generates monsters: we can’t lower our guard, not even for a moment.’

Always Remember Your Name – Andra & Tatiana Bucci

‘But to the eyes of a child even the greatest, most violent tragedy can become ordinary normality, through immersion in a context where horror and death are the order of the day, part of the landscape. How to accept such a burden? What resources can a child’s mind

muster to remain attached to life and its infinite possibilities of redemption?’

Umberto Gentiloni Silveri, Rome 2018

28

‘Let no other nation proudly exalt in its own prosperity, though it may be higher than the clouds, for all are doomed.’ Ezekiel 31:14 (NLT)

‘For many of us survivors of Auschwitz, in fact, the most immediate memory of the camp is of the cold.’ ***Always Remember Your Name* – Andra & Tatiana Bucci**

‘At his baptism Walter (son-in-law’s brother) received the new garment and was asked to wear it spotlessly throughout his life. May the Lord not look on any wrong that he may have done during his life, but rather look upon his faithfulness to his God and his love for his family and friends. Amen.’

‘For Walter, a child of God and heir to the Kingdom, that he may be held securely in God’s loving embrace, now and for all eternity. We pray to the Lord.’

29

‘I will bring darkness everywhere across your land.’ Ezekiel 32:8 (NLT)

‘Handle a book as a bee does a flower, extract its sweetness but do not damage it.’

John Muir

‘Between every two pines is a doorway to a new world.’ **John Muir**

‘In tone and aspect, the scene was one of the most desolate I ever beheld. But the darkest scriptures of the mountains are illuminated with bright passages of love that never fail to make themselves felt when one is alone.’ ***The Mountains of California* – John Muir**

‘No evangel of all the mountain plants speaks Nature’s love more plainly than *cassiope*. Where she dwells the redemption of the coldest solitude is complete.’ **John Muir**

30

‘Those who harvest grapes always leave a few for the poor.’ Jeremiah 49:9 (NLT)

‘What ruler can oppose my will?’ Jeremiah 49:19 (NLT)

‘How glorious a greeting the sun gives the mountains.’

***The Mountains of California* – John Muir**

‘Going to the mountains is like going home.’ **John Muir**

'I kept my lofty peaks for hours, frequently closing my eyes to enjoy the music by itself, or to feast quietly on the delicious fragrance that was streaming past.' **John Muir**

'I do not believe Beethoven could have reached that 'place of tranquillity' that lies beyond the imagination of any other composer without his sufferings, without his deafness.

Damien Thompson – 'Spectator' (*Prison Journal Volume 3* – George Cardinal Pell)

July

1

'The trap is broken, and we are free.' Psalm 124:7 (NLT)

Lent – 'When we work to open our hearts a little wider to leave more space for God.'

***Prison Journal Volume 3* – George Cardinal Pell**

'Lives grown dry with sin; spirits parched from lack of prayer.' **George Cardinal Pell**

St. Columban (540-614), Irish missionary monk. Founded monasteries in France and in Northern Italy at Bobbio.

'God – Father, Son, and Spirit – who is at hand, not afar off, but remains unutterable and inconceivable, unspeakable, undiscoverable and unsearchable.'

St. Columban

***Prison Journal Volume 3* – George Cardinal Pell**

2

'God blesses those who are not offended by me.' Luke 7:23 (NLT)

'He holds all creation together.' Colossians 1:17 (NLT)

'I have seen how hatred can consume people, dry out their hearts, and destroy happiness.'

***Prison Journal Volume 3* – George Cardinal Pell**

3

'Your faith has saved you.' Luke 7:50 (NLT)

'Seek the supreme wisdom, not by verbal debate, but by the perfection of a good life, not with the tongue but with faith... for God must be believed invisible as he is, though he is partly seen by the pure heart.'

St. Columban

4

God does his best work anonymously.

‘He concealed the record that contained the charges against us.’ Colossians 2:14 (NLT)

‘The musicians were exempt from all other responsibilities.’ 1 Chronicles 9:33 (NLT)

‘An age which is widely deaf and indifferent, and now increasingly hostile.’

Prison Journal Volume 3 – George Cardinal Pell

‘The terrible thing about all divine truth, indeed, is its simplicity and this very simplicity makes it so unacceptable to the wise and the proud and the sophisticated.’

Walter Cizek (Jesuit Priest)

‘You cannot speak negative words and live positive.’ **Joel Osteen**

5

‘Everything that is hidden, or secret will be brought to the light.’ Luke 8:17 (NLT)

‘The root of our fear: illness still carries a terrible mystery. The truth is, even now, all these centuries later, for all our technological advances, all our scientific knowledge of illness, we still do not always know why one person gets sick and another doesn’t, or why one patient survives and another dies. Illness frightens us because it is chaotic. There is an awful randomness about it.’ ***Sea of Tranquility – Emily St. John Mandel***

‘Our death becomes plot points in the narrative of the people around us.’

Emily St. John Mandel

‘It is hard to know what we know sometimes.’ **Emily St. John Mandel**

6

‘Go back to your family.’ Luke 8:39 (NLT)

‘Let heaven fill your thoughts.’ Colossians 3:2 (NLT)

‘Grass on a rooftop.’ Psalm 129:6 (NLT)

‘But it is impossible to overlook the obvious; at some point, the idea of God-created morality was swept away in favour of another principle: that man, not God, is the centre of the universe and has the ability to control the fate of humanity. The crisis (coronavirus) will test that belief with the outcome unpredictable.’ **Paul Kelly – ‘The Australian’**

Prison Journal Volume 3 – George Cardinal Pell

‘There are words you encounter all your life without knowing what they mean.’

Sea of Tranquility – Emily St. John Mandel

7 **‘We are preaching Christ, not our poor church, or her leaders, or ourselves.’ (George Cardinal Pell)**

‘The crowds received Jesus with open arms.’ Luke 8:40 (NLT)

‘May you live to enjoy your grandchildren.’ Psalm 128:6 (NLT)

In response to the COVID 19 Pandemic: ‘Leaders have to tread a narrow path to avoid panic and pessimism, enforce obedience to the restrictions, and encourage some hope without stimulating false expectations.’ ***Prison Journal Volume 3* – George Cardinal Pell**

‘I reminded him of the victim of Auschwitz who, when he was badly down, would often walk and walk, almost to the limits of his strength. Then he was much better able to sleep a healthy sleep.’ **George Cardinal Pell**

8

‘You feed them.’ Luke 9:13 (NLT)

‘In 1918 Edwin had no more brothers, and only one foot. He lived with his parents on the family estate. He walked constantly, ostensibly because he was trying to improve his gait – he’d been fitted with a prosthetic and walked in a lurching way – but really because if he stopped moving, the enemy might get him. He walked at all hours of the day and night. Sleep transported him reliably back to the trenches, so he avoided sleep, which meant it ambushed him unexpectedly: while reading in the library, while sitting in the garden, once or twice at dinner.’ ***Sea of Tranquility* – Emily St. John Mandel**

9

‘Make the most of every opportunity.’ Colossians 4:5 (NLT)

‘Writing forces a series of choices that bring you to an ending. A death of sorts when you finish a piece of work.’ **Diksha Basu**

10

‘I have provided a permanent homeland for my people Israel.’ 1 Chronicles 17:9 (NLT)

‘We’re writers. Words have meaning. If you get the wrong words, it encourages the wrong kind of action. So you just have to be really careful.’ **Austin Kleon**

‘Freedom is not necessarily the best thing ever for art; there is a tension between freedom and constraint out of which great art arises.’ **Austin Kleon**

11 **‘Curiosity is a form of caring.’ (George Saunders)**

‘The word of the Lord is ringing out from you.’ 1 Thessalonians 1:8 (NLT)

‘The terrors of the coming judgment.’ 1 Thessalonians 1:10 (NLT)

‘Boredom – being unhappy with the monotony of life.’

A Swim In A Pond In The Rain – George Saunders

‘The mind can be two places at once.’ **George Saunders**

‘One of the tacit promises of a short story, because it is so short, is that there’s no waste in it. Everything in it is there for a reason, even a brief description of a road.’ **George Saunders**

‘Loneliness is real and consequential and there is no way out of it for some of us who are in it and sometimes there is no way out at all.’ **George Saunders**

12

‘Anyone who is not against you is for you.’ Luke 9:50 (NLT)

‘Solomon, my son, get to know the God of your ancestors.’ 1 Chronicles 28:9 (NLT)

‘Just imagine the many Maryas who have existed all over the world, their best selves sacrificed to exigency, whose grace suffered under the pressure of being poorly suited to the toil required of them to make a living.’ ***A Swim In A Pond In The Rain – George Saunders***

‘A story is not like real life; it’s like a table with just a few things on it. The ‘meaning’ of the table is made by the choice of things and their relation to one another – a limited set of elements that we read against one another.’ **George Saunders**

‘Art doesn’t have to solve problems; it only has to formulate them correctly.’ **Chekhov**

13

‘For he called you into his kingdom to share his glory.’ 1 Thessalonians 2:12 (NLT)

‘Our captors demand a song.’ Psalm 137:3 (NLT)

‘It all belongs to you.’ 1 Chronicles 29:16 (NLT)

‘Loneliness has always been with us and always will be. As long as there’s love, there’ll be people who aren’t loved. As long as there’s wealth, there’ll be poverty. As long as there’s excitement, there’ll be dullness. That’s how it is in this world.’

A Swim In A Pond In The Rain – George Saunders

‘Side characters must be described so that when they react, we’ll know what those reactions mean, which to credit and which to discount.’ **George Saunders**

14 'Art may be clumsy if only it moves us.' (George Saunders)

'I am sending you out as lambs among wolves.' Luke 10:3 (NLT)

'A story is a frank, intimate conversation between equals.'

***A Swim In A Pond In The Rain* – George Saunders**

'Singing (art) is persuasive but what it will persuade us to do is an open question.'

George Saunders

'The highest aspiration of art is to move the audience and that if the audience is moved, technical deficiencies are immediately forgiven.' **George Saunders**

'You don't need an idea to start a story. You just need a sentence. It doesn't have to be anything special. It will become something special, over time, as you keep reacting to it. Reacting to that sentence, then changing it, hoping to divest it of some of its ordinariness or sloth.' **George Saunders**

15

'Jesus was filled with the joy of the Holy Spirit.' Luke 10:21 (NLT)

'To you the night shines as bright as day.' Psalm 139:12 (NLT)

'The true beauty of a story is not in its apparent conclusion but in the alteration in the mind of the reader that has occurred along the way.'

***A Swim In A Pond In The Rain* – George Saunders**

'Art doesn't have to solve problems; it only has to formulate them correctly. *Formulate them correctly* might be taken to mean: *make us feel the problem fully, without denying any part of it.*' **Chekov**

16

'When he saw the man, he felt deep pity.' Luke 10:33 (NLT)

'Live a quiet life.' 1 Thessalonians 4:11 (NLT)

'All art begins in that instant of intuitive preference. A story wants to be its best self, and if you're patient with it, in time, it will.' ***A Swim In A Pond In The Rain* – George Saunders**

17 'Exalted things brought low.' (George Saunders)

'Comfort and encourage each other with these words.' 1 Thessalonians 4:18 (NLT)

'My eyes and my heart will always be here.' 2 Chronicles 7:16 (NLT)

'Loneliness beyond relief is possible, and is all around us, in people showing no outward signs of it as they go into town, pick up their cheques, head quietly home (or stand in line at the post office, or sit in a car at a stoplight, singing with the radio.)'

A Swim In A Pond In The Rain – George Saunders

18 'Is it possible to ever heal a tear in your universe?' (Indira Naidoo)

'How much more will your heavenly Father give the Holy Spirit to those who ask him.' Luke 11:13 (NLT)

'I'm blinded by dazzling sunshine. It's incandescent. Almost indecent. This is the cruel trick grief plays on you. For the rest of the world the day is humming with happiness.'

The Space Between the Stars – Indira Naidoo

'The word *normal* feels so inadequate and pathetic. I don't want normal. I want a supernatural force to bring her back from the dead.' **Indira Naidoo**

'I'm overwhelmed by the urge to flee – to throw open my apartment door and just run and run, not to anywhere in particular, just away from myself.' **Indira Naidoo**

'With just one phone call my world has gone dark.' **Indira Naidoo**

19

'Do not stifle the Holy Spirit. Do not scoff at prophecies.' 1 Thessalonians 5:19 (NLT)

'Eagerly they sought after God, and they found him. And the Lord gave them rest from their enemies on every side.' 2 Chronicles 15:15 (NLT)

'In this stillness there's space to hear my turbulent thoughts. My head is all at sea, shipwrecked on a wild, nightmarish coastline, listing dangerously, inches above the waterline.' ***The Space Between the Stars – Indira Naidoo***

'Suicide is not a whodunnit but a whydunit. The victim was the assailant.' **Indira Naidoo**

Spider's web reflection: Thankfully, today my fractured heart can sit with its fragile beauty.'
Indira Naidoo

20

'These are evil times.' Luke 11:29 (NLT)

'A pure eye lets sunshine into your soul.' Luke 11:34 (NLT)

'Our days are like a passing shadow.' Psalm 144:4 (NLT)

‘The Lord has put a lying spirit in the mouths of your prophets.’ 2 Chronicles 8:22 (NLT)

‘Stars – their radiance can burn brightly long after they are gone.’

The Space Between the Stars – Indira Naidoo

‘As long as you can see the stars, you can never truly be lost.’ **Indira Naidoo**

‘I’m learning that stargazing is as much a religious experience as a scientific one. Surely only an omnipotent force could have been responsible for this level of design perfection.’

Indira Naidoo

21

‘They grilled Him with many hostile questions.’ Luke 11:53 (NLT)

‘No one was sorry when he died.’ 2 Chronicles 21:20 (NLT)

‘Trees were our first refuge from danger. They were where we sought refuge from predators and the elements.’ ***The Space Between the Stars – Indira Naidoo***

‘Here with this tree, secluded in this wedge of nature, I sense I can sit alone yet not feel isolated.’ **Indira Naidoo**

‘A universe that’s explosive but with a delicately calibrated tension of a harp string. Proof that equilibrium and turbulence can coexist in harmony.’ **Indira Naidoo**

Biophilia – our innate need to connect with the natural world.

22 ‘All stars need a support act.’ (Indira Naidoo)

‘God does not forget a single one of them.’ Luke 12:6 (NLT)

‘The Holy Spirit will teach you what needs to be said.’ Luke 12:12 (NLT)

‘When you’re nursing a splintered heart, you’re vulnerable to the pain of others.’

The Space Between the Stars – Indira Naidoo

‘The wedge of green wildness makes my battered heart soar.’ **Indira Naidoo**

‘My tree – a lighthouse on the headland.’ **Indira Naidoo**

‘The more time you spend with plants the happier you are likely to be.’ **Paul Nicholson, horticulturist.**

23 ‘Trees link the past to the present.’ (Indira Naidoo)

‘Real life is not measured by how much we own.’ Luke 12:15 (NLT)

‘He counts the stars.’ Psalm 147:4 (NLT)

‘He was also a man who loved the soil.’ 2 Chronicles 27:10 (NLT)

‘The ripples from a death touch so many, creating a village of grief.’

The Space Between the Stars – Indira Naidoo

24

‘The man of lawlessness – this lawlessness is already at work secretly.’ 2 Thessalonians 2:7 (NLT)

‘An even deeper understanding of the love of God.’ 2 Thessalonians 3:5 (NLT)

‘Grief is such a solitary affliction. No two people feel it the same way. Even when it involves the same event or the same person, you’re trapped in a torment tailor-made for you.’

The Space Between the Stars – Indira Naidoo

‘Numbness serves an important role when you’re first electrocuted by the shock of grief. It’s the trip-switch.’ **Indira Naidoo**

25 ‘My frailty is my strength.’ (Indira Naidoo)

‘Be dressed for service.’ Luke 12:35 (NLT)

‘Never get tired of doing good.’ 2 Thessalonians 3:13 (NLT)

‘The chinks in my breastplate are just the scars of battle.’

The Space Between the Stars – Indira Naidoo

The she-oaks and the eucalypts lean in closer still. My skin tingles from an unseen embrace. With no words passing between us, these trees seem to intuitively know what I need: openness and enclosure.’ **Indira Naidoo**

‘Being present, the greatest comfort anyone can offer.’ **Indira Naidoo**

‘Eventually everything must return to the earth... Death doesn’t have to be a rip in the universe.’ **Indira Naidoo**

26

‘I have come to bring fire to the earth.’ Luke 12:49 (NLT)

‘God withdrew from Hezekiah in order to test him and to see what was really in his heart.’ 2 Chronicles 32:31 (NLT)

‘Being in nature reminds us of the continuity of life.’ **Sue Stuart-Smith**

‘Birds understand instinctively that now is all we ever really have.’

***The Space Between the Stars* – Indira Naidoo**

‘If we think about death and dying too much, it interferes with living, but if we never think about death, we remain perilously unprepared.’ **Sue Stuart-Smith**

‘We are often too busy doing to be fully aware of the tiny moments of wonder unfurling around me.’ **Indira Naidoo**

‘Will Stargirl’s death cast a forever shadow over me, blocking just enough light so each new experience feels a little grey and hollow?’ **Indira Naidoo**

27 The beauty of nature unites us.

‘A place of refreshing springs, where pools of blessing collect after the rain.’ Psalm 84:6 (NLT)

‘I understand why shame swirls around a suicide; everyone wants someone or something to blame, so we fear people will blame us.’ ***The Space Between the Stars* – Indira Naidoo**

‘Once you know the name of a plant or a tree you can no longer ignore it. Give something a name and it will always demand to be seen.’ **Indira Naidoo**

Omne trium perfectum (Latin) - ‘everything that comes in threes is perfect, or every set of three is complete.’ **Indira Naidoo**

28 Birds are a metaphor for life.

‘The people mocked these messengers of God and despised their words.’ 2 Chronicles 36:16 (NLT)

‘The land finally enjoyed its Sabbath rest.’ 2 Chronicles 36:21 (NLT)

‘If your love of life is faltering, a weed will certainly set you straight. I’ve seen life sprouting in places I thought it would be impossible to survive.’

***The Space Between the Stars* – Indira Naidoo**

‘When nature fails to fill us with wonder, the darkness will come very quickly.’ **Indira Naidoo**

‘aesthetics’ - from the Greek ‘to perceive.’

‘anaesthetic’ - to lose perception and to blunt sensation.’

29 ‘The wilderness in the skies is always within my reach.’

(Indira Naidoo)

‘Your businesses will fail, and your homes will stand silent and dark.’ Jeremiah 25:10 (NLT)

‘A great whirlwind of fury is rising from the distant corners of the earth.’ Jeremiah 25:32 (NLT)

‘The arborist comes the week after Stargirl’s death to remove the tree. It’s a punishment for being in the wrong place at the wrong time... The arborist has seen this tragedy played out many times. He has had to remove many trees like this, trees used in this way by the agonised and tormented. Trees removed in the hope of erasing the awfulness of the memory. He knows it never works.’ ***The Space Between the Stars* – Indira Naidoo**

30

‘The joyful shouting and weeping mingled together.’ Ezra 3:13 (NLT)

‘The isolation of loss is the worst kind of haunting.’

***The Space Between the Stars* – Indira Naidoo**

‘Gardening - giving life to something that wouldn’t have had that opportunity without your intervention.’ **Indira Naidoo**

‘It’s not the trees fault.’ **(Arborist)**

31

‘Because you trusted me, I will preserve your life and keep you safe.’ Jeremiah 39:18 (NLT)

‘Gardening is not only an act of hope; it is also an act of acceptance. Endings are part of renewal.’ ***The Space Between the Stars* – Indira Naidoo**

August

1 ‘Writing is not what you do, it’s who you are.’ **(Mary Ruefle)**

‘Filled with love that comes from a pure heart.’ 1 Timothy 1:5 (NLT)

‘Wisdom shouts in the streets.’ Proverbs 1:20 (NLT)

‘A common form of failure is not making time for the things that are best for you.’

***How To Fail Successfully* - Brandon Stosuy**

‘The setbacks or deviations in your plan are a pause rather than a failure.’ **Brandon Stosuy**

‘Even the most accomplished people deal with failure and ongoing self-doubt. You have to learn how to deal with it. **Failure is how you learn.**’ **Brandon Stosuy**

2

‘Their faith has been shipwrecked.’ 1 Timothy 1:19 (NLT)

‘Ukraine is a gorgeous country, famous for miles and miles of sunflowers, so many sunflowers sometimes the fields look like they are on fire.’ **Mary Ruefle**

‘Books are like slow-motion cherry blossoms, you don’t see them disappearing but disappear they do, like the ephemera of spring.’ **Mary Ruefle**

‘I keep a book in my backyard to remind me of the vanity of all literature, and that books suffer the same fate as our flesh.’ **Mary Ruefle**

‘The thrill you feel writing must be greater than your fear of obscurity or oblivion.’
Mary Ruefle

3

‘Blessed is the one who comes in the name of the Lord.’ Luke 13:35 (NLT)

‘Pray with holy hands.’ 1 Timothy 2:8 (NLT)

‘Don’t lose sight of good planning and insight.’ Proverbs 3:21 (NLT)

‘Effective preaching is essentially building a bridge from the then and there to the here and now of everyday, modern living.’ **Brandon Cox**

‘Loneliness has more to do with our perceptions than how much company we have. It’s just as possible to be painfully lonely surrounded by people as it is to be content with little social contact. Some people need extended periods of time alone to recharge, others would rather give themselves electric shocks than spend a few minutes with their thoughts.’

Shane Parrish

4

‘The way of the righteous is like the first gleam of dawn.’ Proverbs 4:18 (NLT)

‘Guard your heart.’ Proverbs 4:23 (NLT)

‘**Make yourself small not big.** Set your goals and then surrender to them.’
Ajay Narendra - (ant guru)

‘Why is there no word for a parent who loses a child? I came across a Sanskrit word, not in mainstream English usage, that goes some way to describing the incapacitating anguish a parent must feel. The word is ‘*vilomah*’ and it means ‘against the natural order - the grey

haired should never bury those with dark hair.'

The Space Between the Stars – Indira Naidoo

5

'Drink water from your own well.' Proverbs 5:15 (NLT)

'For the gracious hand of God was on him.' Ezra 7:6 (NLT)

'Grief is personal and universal at the same time. Always remember you are not alone.'

Wendy Liu (Grief counsellor)

'The state of leaping in and out of grief is known as **puddle-jumping**. It's been given this name because children are more likely to be affected by this form of bereavement. One moment they are flat and uncommunicative, the next they are skipping and laughing with their friends.

I've experienced similar grief swings since Stargirl died. Present in conversation one moment, then disappearing the next.' ***The Space Between the Stars – Indira Naidoo***

6

'Fed by the message of faith.' 1 Timothy 4:6 (NLT)

'Flying kites is all about finding the right balance. It's the art of knowing when to hold on and when to let go.' ***The Space Between the Stars – Indira Naidoo***

7 **'Write hard and clear about what hurts.'** (Ernest Hemingway)

'We have been given a brief moment of grace.' Ezra 9:8 (NLT)

'Trash can be a poor man's truffles. A loss doesn't mean the end.'

The Space Between the Stars – Indira Naidoo

'Don't be afraid of your grief. Its magnitude only reflects the depth of your love for what you have lost.' **Indira Naidoo**

8 **'Age may be a number, but maturity comes with awareness.'**

(Jeff Goins)

'Wisdom stands on the hilltop and at the crossroads.' Proverbs 8:2 (NLT)

'My gifts are better than the purest gold.' Proverbs 8:19 (NLT)

‘One’s fundamental identity is being made in the Divine Image; it is not found in race or gender or social class.’ **Douglas Groothuis (Philosopher)**

‘Stories built on secrets can serve as a meditation on the way people contain multitudes.’
Anne Bogel

‘Grace covers all types of sins including self-harm and suicide.’ **Scott Sauls**

Destructive teaching - ‘Light always drives out darkness.’

‘When you’re believing the right things, peace and joy will necessarily follow. **Scott Sauls**

9 ‘Truth does not become falsehood because it is unpopular.’

‘Use your worldly resources to benefit others.’ Luke 16:9 (NLT)

‘True religion with contentment is great wealth.’ 1 Timothy 6:6 (NLT)

‘Wisdom will multiply your days.’ (NLT)

‘The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.’

Elisabeth Kubler-Ross

10 ‘Afflicted does not mean ineffective.

Damaged does not mean done.’

‘No one has ever seen him nor ever will.’ 1 Timothy 6:16 (NLT)

‘Every story begins with a family story... which means mishaps, missed chances, misunderstandings. That’s just how things are. That’s life.’ **Titaua Peu (Tahitian author)**

‘If the academy brooks no dissent, how can knowledge advance? If differing opinions are treated as thought crimes, how much longer will thinkers want to work at our universities? If institutions of higher education do not protect free thought and speech, intellectual diversity, dissent... why should they exist at all.’

Professor Scott Richard Lyons, University of Michigan

11 ‘Nature boosts your creative potential.’ (Helen Rook)

‘Fan into flames the spiritual gift God gave you.’ 2 Timothy 1:6 (NLT)

‘The words of the godly are like sterling silver.’ Proverbs 10:2 (NLT)

‘Going into writing I like to cultivate a particular juncture between knowing and not knowing - having all the facts but remaining uncertain how they fit together. It’s a delicate balance, because of you know too little what you write will be halting and opaque, and if you know too much it will be dead on the page, a mere transcription after the fact.

Eating and writing walk together, and they both require the eye and the ear. The right word, the musicality of the phrase.’ **Lucy Sante**

12

‘I am doing a great work.’ Nehemiah 6:3 (NLT)

‘A good death requires a little bit of time - to rest, to reflect, to say the four things they say it helps to say: I am sorry, I forgive you, and the other two I forget.’ **Anna De Frost**

‘Whenever I am lost, I try to stop moving, in case I am running off again in the wrong direction. It is never too soon to sit down and map out our values, to consider if we want to end up in the place where we are going. **Anna De Frost**

13 **‘How should we inhabit time?’**

‘Your faith has made you well.’ Luke 17:19 (NLT)

‘The Word of God cannot be chained.’ 2 Timothy 2:9 (NLT)

‘Many doctors argue that rather than being a medical question, personhood is a philosophical, theological, and ethical one.’ **Nadia Owusu**

14 **‘Twisted heart.’**

‘It will be business as usual, right up to the hour when the Son of Man returns.’ Luke 17:20 (NLT)

‘Pilgrimage - they are not about walking for recreation; they are about travelling in search of wisdom.’ **Urban Wild - Helen Rook**

15 **‘All beginnings are hard.’**

‘The diligent make use of everything they find.’ Proverbs 12:27 (NLT)

‘For forty years you sustained them in the wilderness.’ Nehemiah 9:21 (NLT)

‘Research has found that taking time to be grateful for things in your life improves your mood, makes you more optimistic, and helps you experience more positive emotions, while

also reducing anxiety and depression and helping you to sleep. It also suggests that gratitude can lower your stress levels, reducing the stress hormone cortisol and improving your self-esteem and self-control.' **Urban Wild - Helen Rook**

16

'The words of the wise bring healing.' Proverbs 12:18 (NLT)

'Hope deferred makes the heart sick.' Proverbs 13:12 (NLT)

'I spent my early life growing a little and being ill a lot. I thought and dreamed a great deal. I lay in my bed and watched and listened. I turned my long, lonely days and nights into nets with which I caught the whispers and sighs and glances and the often barely discernible gestures that are the real message carriers in our noisy world.'

In The Beginning - Chaim Potok

'Often my mother would wilt like a flower in the cold winds of disagreement.' **Chaim Potok**

17

'And will look for teachers who will tell them whatever they want to hear.' 2 Timothy 4:3 (NLT)

'A poor person's farm may produce much food, but injustice sweeps it all away.' Proverbs 13:23 (NLT)

'Insects swam lazily in the shade and glittered with brief incandescence as they flitted in and out of the beams of sunlight that penetrated the pine-needle roof of the wood. Here and there along the path, as we walked its beckoning curves into the heart of the wood, a huge, gnarled root showed its dark power as it lay pushing up the earth. I really loved this pine wood. I loved its silences and the still sounds of a summer breeze in its branches. I liked things to be quiet.' ***In The Beginning - Chaim Potok***

18

'Stepping into the light quickly.'

'They didn't understand a thing he said.' Luke 18:34 (NLT)

'I want to see.' Luke 18:41 (NLT)

'When the laughter ends, the grief remains.' Proverbs 14:13 (NLT)

'I came to the curve in time to see my father step quickly from the bluish shadows beneath the pines into the pool of shimmering opalescence that was the clearing. A moment later my mother followed him, moving quickly into the light. They would both move quickly into the light just like that, walking softly and quickly from my room after they put me to bed and

stepping from the darkness into the light of the small hall and the living room.'

In The Beginning - Chaim Potok

19

'Blessed are those who help the poor,' Proverbs 14:21 (NLT)

'Those who oppress the poor insult their Maker.' Proverbs 14:31 (NLT)

'I would lie awake and listen to them talk, for sleep would come to me swiftly only when I was feverish and had been given some medicine... I would hear strange words and strange names from a world that was not my own.' ***In The Beginning - Chaim Potok***

'The rain was loud upon my window. I listened to the rain. It fell steadily and strongly upon the earth. It fell from the clouds through the dark night and the trees and the yellow ghostly arcs of the streetlights. It beat like fingers upon my window.' **Chaim Potok**

20

'A bowl of soup with someone you love is better than steak with someone you hate.'
Proverbs 15:17 (NLT)

'No one comes into my house,' she said. 'Do you know what it's like when no one comes into your house. It's like living with the Angel of Death.' ***In The Beginning - Chaim Potok***

21

'Humility precedes honour.' Proverbs 15:33 (NLT)

'He went quickly up the stairs and into the house. His anger resonated faintly on the quiet street. My mother sighed and shook her head. There are things your father does not like to talk about often.' ***In The Beginning - Chaim Potok***

22

'The people hung on every word he said.' Luke 19:48 (NLT)

'The king's favour refreshes like a gentle rain.' Proverbs 16:15 (NLT)

'If you are thinking without writing, you only think you are thinking.' **Leslie Lamport**

'Discipline: to master anything requires discipline. It is one of the four cardinal virtues - there is no wisdom, no courage, no happiness without discipline, without the self-control required to stick with it, to push through it even when it is hard.' **Ryan Holiday**

23

‘Learn to do good by helping others who have urgent needs.’ Titus 3:14 (NLT)

‘Sometime during the night, I pushed aside the curtain that covered my open window and peered out into the dark street. I saw the lights of the lamp posts and the shadows they made on the leaves of the trees. Above the roofs of the apartment houses across the street the sky was filled with tranquil stars. The street was very still. The trees were silent. In all the world I seemed the only one awake. Goyim were resting from killing Jews and Jews were resting from defending themselves. It was a good hour to be awake.’

In The Beginning - Chaim Potok

24

‘Fire tests the purity of silver and gold, but the Lord tests the heart.’ Proverbs 17:3 (NLT)

‘She said nothing. She was not there. She was crying in front of my eyes on a street in the Bronx, but she was somewhere else, crying for another time, over a death carved cruelly into her memory. I could not comprehend her grief and I did not know what to do.’

In The Beginning - Chaim Potok

‘As I was judged to be at some risk of self-harm, I was under regular observation during the night.’ (Wednesday, 27th February 2019 - first day in jail.)

Prison Journal Volume 1 - George Cardinal Pell

25 **‘God writes straight in crooked lines.’ (Father Michael Hollings)**

‘They were amazed by his answer, and they were silenced.’ Luke 20:26 (NLT)

‘Prison is a place of punishment; despite being run by decent people. Requests are always responded to tardily, confusions abound.’ ***Prison Journal Volume 1 - George Cardinal Pell***

‘One major doctrine separates Christians and secularists - different attitudes to suffering. Secularists want to hide suffering or put an end to it.

Christians believe suffering in faith can be redemptive, that salvation was gained for us by Christ’s suffering and death, and that the worst can be redeemed.’

Kiko Arguello (George Cardinal Pell)

26

‘My covenant of blessing will never be broken.’ Isaiah 54:10 (NLT)

‘Tragedy possesses another brutal and final dimension when God does not control life after death, is not just, and does not reward and punish.’

Prison Journal Volume 1 - George Cardinal Pell

‘We do not have justice unless justice is given to all parties.’ **George Cardinal Pell**

‘God is always listening, especially when he is silent.’ **George Cardinal Pell**

27 ‘While the mystery is enacted I will not let you go.’ (James McAuley)

‘Cleanse me from these hidden faults.’ Psalm 19:12 (NLT)

‘Telling the truth requires moral courage, and courage culture is the only effective weapon against woke cancel culture. Cancel culture thrives when those who have the power to stop bullies do not speak out.’ **John Anderson**

28

‘Son of Man, your people are whispering behind your back.’ Ezekiel 33:30 (NLT)

‘The tribal power politics of the advancing cancel culture is threatening to overthrow the foundations of liberalism, which has allowed the churches to survive in Australia even as the Judaeo-Christian legal foundations of life, marriage, family, and sexuality were undermined.’

George Cardinal Pell - (Address to Campion College)

29 ‘Labour and wait.’

‘Stand in silence in the presence of the Sovereign Lord. Zephaniah 1:7 (NLT)

‘Walk humbly and do what is right.’ Zephaniah 2:3 (NLT)

‘Australia might be forced to decide whether we love our nation sufficiently to be prepared to defend it.’ ***Prison Journal Volume 1 - George Cardinal Pell***

‘A Psalm of Life’ - Henry Wordsworth Longfellow

Let us, then be up and doing,

With a heart for any fate.

Still achieving, still pursuing,

Learn to labour and to wait. (Final verse)

‘The love of prosperity, sometimes a genuine materialism, and the sexual revolution, have dimmed the capacity to see God.’ **George Cardinal Pell**

30

‘For the rains he sends are an expression of his grace.’ Joel 2:25 (NLT)

‘Anyone who calls on the name of the Lord will be saved.’ Joel 2:32 (NLT)

Incarinate word, in whom all nature lives,
Cast flame upon the earth: raise up contemplatives
Among us, men who walk within the fire
Of ceaseless prayer, impetuous desire.
Set pools of silence in this thirsty land.

‘A letter to John Dryden’ (1954) - James McAuley

‘If Christianity continues to decline, society will be less forgiving.’

Prison Journal Volume 1 - George Cardinal Pell

31 **‘A religion that is too easy is a false religion.’** (George Cardinal Pell)

‘I will transform the Valley of Trouble into a gateway of hope.’ Hosea 2:15 (NLT)

‘Their worship us mere pretence.’ Hosea 4:15 (NLT)

‘Grief is a singular journey, but it is so hard to travel it alone.’

‘Lord Jesus, raise up among us new Elijahs, men and women, to keep the flame of Christian monotheism burning, especially in Australia. We do not want our country to become a dry, weary wasteland, where there is little yearning for the Transcendent, while being mightily superstitious.’ ***Prison Journal Volume 1 - George Cardinal Pell***

September

1 ‘Make silence your friend and you shall win through.’

(Kingaroy, Queensland)

‘Pouring out the oil of joy on you.’ Hebrews 1:9 (NLT)

‘The name of the Lord is a strong fortress.’ Proverbs 18:10 (NLT)

‘Who can bear it if the spirit is crushed? Proverbs 18:14 (NLT)

'The supernatural is an essential part of the Christian message, and when Catholicism is reduced to an agnostic service organisation, the tradition is betrayed, converts disappear, and the exodus quickens.' ***Prison Journal Volume 1 - George Cardinal Pell***

'Jesus spoke many times of heaven and hell, and on the 'last day' God will not be inclusive, (but) separating the sheep from the goats.' **George Cardinal Pell**

2 **'Struggle is necessary.'**

'But angels are only servants. They are spirits sent from God to care for those who receive salvation.' Hebrews 1:14 (NLT)

'People with good sense restrain their anger.' Proverbs 19:11 (NLT)

'The principle of diversity is insufficient by itself and needs to be buttressed by a commitment to civil discourse, human rights, and freedom of speech.'

Prison Journal Volume 1 - George Cardinal Pell

'For faith only sees what is, and Hope sees what will be.

Charity only loves what is, and Hope loves what will be.' **Charles Piguy (French poet)**

'No previous generation has been able to distract themselves continually as this generation can. It is unhealthy and not conducive to spiritual equilibrium.'

Prison Journal Volume 1 - George Cardinal Pell

3

'Destruction is certain for those who say that evil is good and good is evil; that dark is light and light is dark; that bitter is sweet and sweet is bitter.' Isaiah 5:20 (NLT)

'At his weakest moment, Jesus redeemed the world.'

Cardinal Van Thuan, the white martyr from Vietnam.

4

'By standing firm, you will win souls.' Luke 21:19 (NLT)

'The stability of the very heavens will be broken up.' Luke 21:26 (NLT)

'Personal honesty and goodwill are no excuse for incompetence, which makes corruption so much easier.' ***Prison Journal Volume 1 - George Cardinal Pell***

5 **'They are filling the air with words.'** (Chaim Potok)

‘We are God’s household.’ Hebrews 3:6 (NLT)

‘We will share in all that belongs to Christ.’ Hebrews 3:14 (NLT)

‘The Lord’s searchlight penetrates the human spirit, exposing every hidden motive.’
Proverbs 20:27 (NLT)

‘The sky was dark and tranquil. I stopped at my bookcase for a moment, then went back to my bed. I closed my eyes and whispered into the suddenly swarming darkness, “Let not my thoughts trouble me, nor evil dreams, nor evil fancies, but let my rest be perfect before Thee.” I whispered louder, feeling the words move out across my throat. “Thou shalt not be afraid of the terror by night, nor of the arrow that flieth by day; of the pestilence that walketh in darkness, nor of the destruction that wasteth at noonday.

In The Beginning - Chaim Potok

6

‘There is a special rest still waiting for the people of God.’ Hebrews 4:9 (NLT)

‘But at last the land is at rest and is quiet.’ Isaiah 14:7 (NLT)

‘People exist by virtue of the help they give to one another. That’s what I believe. Helping people improves the helped person’s life and keeps the helping person human.’

In The Beginning - Chaim Potok

‘He said it is important to learn the important questions as it is the important answers. It is especially important to learn the questions to which there may not be good answers. We have to learn to live with questions, he said.’ **Chaim Potok**

7

‘This High Priest of ours understands our weaknesses.’ Hebrews 4:15 (NLT)

‘Your only harvest will be a load of grief and incurable pain.’ Isaiah 17:11 (NLT)

‘It is nice to have lots of money and it is terrible to be poor and hungry. But the most terrible thing of all is to be useless.’ ***In The Beginning - Chaim Potok***

‘She did housework and wrote letters; that was her life. And she lived in caverns of fear too easily explored by her when events in America called to her mind Lemberg and Bobrek and whatever darkness she had left behind in Europe.’ **Chaim Potok**

8 ‘There are a few debts in this world that cannot be paid.’

(Chaim Potok)

‘A prudent person foresees the danger ahead and takes precautions.’ Proverbs 22:3 (NLT)

‘The cries of death echo from the mountainsides.’ Isaiah 22:5 (NLT)

‘A sudden darkness came across her features as if shadows had leapt upon her from the dim corners of the kitchen. Faint tremors moved across the weak line of her lips. I heard her say, almost in a moan, “What will the end be, David? We cannot do everything. We are only flesh and bones.”’ ***In The Beginning - Chaim Potok***

‘Men who are minds dream; men who are bodies sleep soundly.’ **Chaim Potok**

9

‘When the ground soaks up the rain that falls on it and bears a good crop for the farmer, it has the blessing of God.’ Hebrews 6:7 (NLT)

‘But my heart is heavy with grief. I am discouraged, for evil still prevails, and treachery is everywhere.’ Isaiah 4:16 (NLT)

‘The Germans were swallowing everything, and killing, killing. I could not understand such a people. What pleasure was there in killing?’ ***In The Beginning - Chaim Potok***

An old cycle ending; a new cycle beginning.

Death and birth without separation.

Ending leading to beginnings. **Chaim Potok**

10

‘I listened to the silence’ (Chaim Potok)

‘He returned to the disciples, only to find them asleep, exhausted from grief.’ Luke 22:45 (NLT)

‘Riches can disappear as though they had the wings of a bird.’ Proverbs 23:5 (NLT)

‘Hey, Tony. Do you ever read your Bible? Do you ever hold it to you and know how much you love it?’ ***In The Beginning - Chaim Potok***

11

‘The person who has the power to bless is always greater than the person who is blessed.’ Hebrews 7:7 (NLT)

‘The humble will be filled with fresh joy from the Lord.’ Isaiah 29:19 (NLT)

‘Don’t tell us truth. Tell us nice things. Tell us lies.’ Isaiah 30:10 (NLT)

‘A man who does not struggle is a fool.’ ***In The Beginning - Chaim Potok***

12

‘He will be like a wide river of protection.’ Isaiah 33:21 (NLT)

‘For the law made nothing perfect, and now a better hope has taken its place.’ Hebrews 7:19 (NLT)

‘I wandered aimlessly through the park, sat for a while on a bench listening to a tree in the night breeze, then walked along, following a sudden steep dip in the path. Here in the heart of the park I seemed to be alone. I sat down on a bench, feeling the hardness of the slats against my back. I had been doing a lot of sitting on park benches these past years. They were good places for reading... I had the world visible to me while I read. It was important to have it visible so you could see how your reading changed it.’

In The Beginning - Chaim Potok

13

‘Wisdom is sweet to your soul. If you find it you will have a bright future, and your hopes will not be cut short.’ Proverbs 24:14 (NLT)

‘He made the world to be lived in, not to be a place of empty chaos.’ Isaiah 45:18 (NLT)

‘I needed to enter the photographs of Bergen Belsen and I could not do it. I did not understand it. I saw them and could not enter them.’ ***In The Beginning - Chaim Potok***

‘I spoke my heart to the world around me. My own immediate world was unapproachable.’
Chaim Potok

‘Never forget the past as you nourish the present.’ **Chaim Potok**

14

‘The desert will blossom with flowers.’ Isaiah 35:1 (NLT)

‘Sorrow and mourning will disappear.’ Isaiah 35:10 (NLT)

‘I didn’t know what death was. My family didn’t talk of death. You weren’t allowed to say the word. The old-time Jews, they’d spit on the floor when they said the word *death* in Yiddish.’ ***The Color of Water - James McBride***

‘My parents were nonmaterialistic. They believed that money without knowledge was worthless, that education tempered with religion was the way to climb out of poverty in America.’ **James McBride**

15 'I belong to the world of one God, one people.' (James McBride)

'I will write my laws on their hearts.' Hebrews 8:10 (NLT)

'It is God's privilege to conceal things.' Proverbs 25:1 (NLT)

'My mother had a casual way of ignoring affronts, slipping past insults to her whiteness like a seasoned boxer slips punches.' *The Color of Water* - James McBride

'You don't need money. What's money if your mind is empty! Educate your mind!

James McBride

16

'Lord, your discipline is good for it leads to life and health.' Isaiah 38:16 (NLT)

'My father sexually abused me. He would get in bed with me at night and would do things to me sexually that I couldn't tell anyone about...

I was afraid of Tateh and had no love for him at all. I dreaded him and was relieved anytime he left the house. But it affected me in a lot of ways, what he did to me. I had very low self-esteem as a child, which I kept with me for many, many years; and even now I don't want to be around anyone who is domineering or pushing me around because it makes me nervous.'

17 'God is the colour of water. Water doesn't have a colour.'

(James McBride)

'Comfort, comfort my people.' Isaiah 40:1 (NLT)

'He will carry the lambs in his arms.' Isaiah 40:11 (NLT)

'Mommy's tears (in church) seemed to come from somewhere else, a place far away, a place inside her that she never let any of us children visit, and even as a boy I felt there was pain behind them.' *The Color of Water* - James McBride

'Race was something he never talked about. To him it was a detail that you stepped over, like a crack in the sidewalk.' **James McBride**

18

'It's not all right.' (James McBride)

'Without the shedding of blood, there is no forgiveness of sins.' Hebrews 9:22 (NLT)

'Ma cried, and she wailed and wailed, the sounds of her cries circling the house like a spirit and setting on all the corridors and beds where we lay, weeping in silence.'

The Color of Water - James McBride

19

‘He will reveal justice to the nations.’ Isaiah 42:1 (NLT)

‘This time he will bring salvation to all those who are eagerly waiting for him.’ Hebrews 9:28 (NLT)

‘The mystery of God’s love is not that our pain is taken away, but that God first wants to share that pain with us. Out of this divine solidarity comes new life.’ **Henri Nouwen**

‘If you throw water on the floor, it will always find a hole.’

***The Color of Water* - James McBride**

‘For months after my stepfather died, Mommy walked around the house as if she were blind, staggering through the motions of life.’ **James McBride**

20

‘Springs in the desert.’ (Isaiah 43:20)

‘God can be trusted to keep his promise.’ Hebrews 10:23 (NLT)

‘A prudent person foresees the danger ahead and takes precautions.’ Proverbs 27:12 (NLT)

‘Mommy played each note of her favourite gospel hymn (What a Friend We Have in Jesus) separately, as if they had no connection to each other, and they echoed through the house and landed on the walls like tears. I couldn’t stand to hear it.’

***The Color of Water* - James McBride**

‘It took about ten years for Mommy to recover from my stepfather’s death. It wasn’t just that her husband was suddenly gone, it was the accumulation of a lifetime of silent suffering, some of which my siblings and I never knew about.’ **James McBride**

21

‘Foreigners and nomads here on earth.’ Hebrews 11:3 (NLT)

‘My work all seems so useless.’ Isaiah 49:4 (NLT)

‘Mommy could not grasp exactly what to do next, but she kept moving as if her life depended on it, which in some ways it did. She ran, as she had done most of her life, but this time she was running for her own sanity.’ ***The Color of Water* - James McBride**

‘She was spinning in crazy circles only because she was trying to survive, and movement was always her modus operandi when things got tough.’ **James McBride**

22

‘My mercy and justice are coming soon.’ Isaiah 51:5 (NLT)

‘He was a man of sorrows... acquainted with bitterest grief.’ Isaiah 53:3 (NLT)

‘Sometimes it seemed like the truth was a bandy-legged soul who dashed from one side of the world to the other and I could never find him.’ ***The Color of Water* - James McBride**

‘The bus pulled off and she was out of sight for a moment, but after we turned the corner, I saw her from the window across the aisle and she had broken down. She was leaning on the wall beneath the train trestle, head bowed, one hand squeezing her eyes, as if the tears that flowed out of them could be squeezed into oblivion.’ **James McBride**

23

‘They were too good for this world.’ Hebrews 11:38 (NLT)

‘Those who walk in wisdom are safe.’ Proverbs 28:26 (NLT)

‘I can still hear her weeping now sometimes. I know the exact sound of it, like a note you hear or a song that keeps spinning around in your head, and you can’t forget it.’

***The Color of Water* - James McBride**

‘I was so, so sorry, deep in my heart I was sorry, but all your ‘sorrys’ are gone when a person dies. She was gone. Gone. That’s why you have to say all your ‘sorrys’ and ‘I love yous’ while a person is living, because tomorrow isn’t promised.’ **James McBride**

24

‘No weapon turned against you will succeed.’ Isaiah 54:17 (NLT)

‘The trees of the field will clap their hands.’ Isaiah 55:12 (NLT)

‘A marriage needs love. And God. And a little money. That’s all. The rest you can deal with.’

***The Color of Water* - James McBride**

‘He came from a home where kindness was a way of life.’ **James McBride**

‘Part of me died when Dennis died.’ **James McBride**

25

‘Let us run with endurance the race that God has set before us.’ Hebrews 12:1 (NLT)

‘Those who still reject me are like the restless sea.’ Isaiah 57:20 (NLT)

'Rev. Abner Brown was the finest preacher I've ever heard. He was not fire and brimstone. He brought God into your everyday life in a way that made you think heaven was right next door.' ***The Color of Water* - James McBride**

26 'If you don't have vision, don't waste God's time.' (James McBride)

'Please God by worshiping him with holy fear and awe.' Hebrews 12:28 (NLT)

'Tremble at my word.' Isaiah 66:2 (NLT)

'A penetrating loneliness covered me, lay on me so heavily I had to sit down and cover my face. I had no tears to shed. They were done long ago, but a new pain and a new awareness were born inside me. The uncertainty that lived inside me began to dissipate... My own humanity was awakened, rising up to greet me with a handshake... There's such a big difference between being dead and alive, I told myself, and the greatest gift anyone can give anyone else is life.' ***The Color of Water* - James McBride**

27 'Truth falls dead in the streets.' (Isaiah 59:14)

'The Lord will be your everlasting light.' Isaiah 60:20 (NLT)

'I will faithfully reward my people for their suffering.' Isaiah 61:8 (NLT)

'It was a devastating realisation, coming to grips with the fact that all your life you had never really known the person you loved the most.' ***The Color of Water* - James McBride**

'She opened the door for me but closed it for herself long ago, and for her to crack it open and peek inside was like eating fire. She'd look in and stagger back, blinded, as the facts of her own history poured over her like lava.' **James McBride**

28 'Righteousness shining like the dawn.' (Isaiah 62:1)

'Share the sorrow of those being mistreated.' Hebrews 13:3 (NLT)

'A God who works for those who wait for him.' Isaiah 64:4 (NLT)

'We have to know when it is time to unplug the television, turn off the phone, shut down the computer, silence the iPod, lay away the sports page, and resist going out for a coffee with a friend, so that, for one moment at least, we are not avoiding making friends with that one part of us, the deepest part, that someday will accompany us into the sunset.'

Ronald Rolheiser

'God our Father, make us more than practical commonsense individuals, but seekers for truth, lovers of wisdom, and servants who strive to live their lives in faith, hope, and love.'

***Prison Journal Volume 1* - George Cardinal Pell**

29

'For this world is not our home.' Hebrews 13:14 (NLT)

'Like autumn leaves, we wither and fall.' Isaiah 64:6 (NLT)

'I am relying on the elementary New Testament narrative about Jesus' redemptive suffering.' ***Prison Journal Volume 1* - George Cardinal Pell**

'My present method of meditating is pretty basic, nothing too sophisticated, simply a very slow Lectio Divina (i.e., a slow meditative reading of the Scripture text)' **George Cardinal Pell**

Nor is failure our disgrace:

By ways we cannot know

He keeps the merit in his hand,

Behold the kingdom grow!

James McAuley - 'Retreat - final verse'

'As you become older, it is important to utilise the thoughts that come to mind, because they can disappear quickly.' **George Cardinal Pell**

30

'I will bless those who have humble and contrite hearts.' Isaiah 66:2 (NLT)

'God has committed to each of us some work which he has not committed to another.'
***Prison Journal Volume 1* - George Cardinal Pell**

'For me, the beauty and simplicity of the mathematical principles which rule the universe are evidence of a Supreme Intelligence.' **George Cardinal Pell**

'The universe is either the product of chance or the work of a transcendent Creator, outside and beyond space and time.' **George Cardinal Pell**

'When you publish something you have written, you can never know where it might finally arrive.' **George Cardinal Pell**

October

1

'All humanity will come to worship me. Isaiah 66:23 (NLT)

‘An apologist is one who strives to explain to outsiders what Christians do and believe.’

Prison Journal Volume 1 - George Cardinal Pell

‘As the secularist acid damages individuals and families more severely, an increasing number will be looking for a way out, for help and answers, and there will be increasing opportunities for new apologists.’ **George Cardinal Pell**

2

‘He created everything there is. Nothing exists that he didn’t make.’ John 1:3 (NLT)

‘For many today an awareness of historical continuity has been swamped.’

Prison Journal Volume 1 - George Cardinal Pell

‘When God dies in a society, this is the end of freedom.’ **George Cardinal Pell**

3

‘Temptation comes from the lure of our own evil desires.’ James 1:14 (NLT)

‘No matter how much we see, we are never satisfied.’ Ecclesiastes 1:8 (NLT)

‘The Church is a perpetually defeated thing that always outlives her conquerors.’

Hilaire Belloc

And when the cup you give is filled to brimming,

With bitter suffering, hard to understand,

We take it gladly, trusting though with trembling,

Out of so good and so beloved a hand.’ **Dietrich Bonhoeffer**

‘Most letters of ‘divine messengers’ show signs of mental instability.’

Prison Journal Volume 1 - George Cardinal Pell

‘Not all music leads to God or comes from God.’ **George Cardinal Pell**

4

‘For the greater my wisdom, the greater my grief. To increase knowledge only increased sorrow.’ Ecclesiastes 1:18 (NLT)

‘Angels can fly because they can take themselves lightly.’ **G. K. Chesterton**

‘It is no easy task to overcome the bitter legacy of injustices, hostility, and mistrust left by conflict. It can only be done by overcoming evil with good.’ **Pope Francis**

'The worst disease today is not leprosy or tuberculosis; it's being unwanted, it's being left out, it's being forgotten.' **Mother Teresa of Calcutta**

'I remain very definitely a print man.' ***Prison Journal Volume 1* - George Cardinal Pell**

5 **'Pray no more for these people.'** (Jeremiah 7:16)

'See, I have put my words in your mouth.' Jeremiah 1:9 (NLT)

'We, out of all creation, became his choice possession.' James 1:18 (NLT)

'When God is lost in the fog, whether it is the fog of lust or of possessions or of power, the defences of reason and truth are breached.' ***Prison Journal Volume 1* - George Cardinal Pell**

'The Earth's climate is a chaotic, non-linear, multi-variant system with many unpredictable feedbacks, both positive and negative.' **Dr. Patrick Moore**

'Human life presents a choice between fearing a loving God or fearing the unknown, cruel and capricious.' ***Prison Journal Volume 1* - George Cardinal Pell**

6

'Come back to me and I will heal your wayward hearts.' Jeremiah 3:22 (NLT)

'Plow up the hard ground of your hearts.' Jeremiah 4:3 (NLT)

'The Church exists to praise God, to encourage her members to live well, and to preach the Gospel.' ***Prison Journal Volume 1* - George Cardinal Pell**

'In every sphere of life, good or inefficient leadership counts for a lot.' **George Cardinal Pell**

'Let a man's life be praised insofar as he asks for pardon. But as for men without hope, the less attentive they are to their own sins, the more they pry into those of others. They see, not what they can correct, but what they can criticise.' **St. Augustine**

7

'God gives wisdom, knowledge, and joy to those who please him.' Ecclesiastes 2:26 (NLT)

'Run while you have the light of life lest the darkness of death overtake you.'

Rule of St. Benedict

Mireille scans the window opposite... She can't repress a shiver. What started as a pebble in a shoe, soon will be the size of a rock under the surface of a calm sea waiting to cause shipwrecks.' ***The French Bakers' War* - Michael Whatling**

'When Mireille asks herself what the Samuels could have done to deserve what happened to them, she can only come up with one sorry, despicable answer. They're Jews. A reason so arbitrary it makes her question people's sanity.' **Michael Whatling**

8

'Remember that you will be judged by the law of love.' James 2:12 (NLT)

'God has planted eternity in the human heart.' Ecclesiastes 3:11 (NLT)

'Now the world seems too large and expansive - he's only truly at ease in his own little corner.' ***The French Bakers' War* - Michael Whatling**

9

'Obey me, and I will be your God.' Jeremiah 7:23 (NLT)

'My grief is beyond healing; my heart is broken.' Jeremiah 8:18 (NLT)

'How can you prove to someone you don't know what's in your heart?

***The French Bakers' War* - Michael Whatling**

'Having her mind empty as a shattered bowl panics her for a moment, a tourniquet squeezing her heart.' **Michael Whatling**

10

'They offer superficial treatments for my people's mortal wound.' Jeremiah 8:11 (NLT)

'I will show you my faith through good deeds.' James 2:18 (NLT)

'Monsieur Durand is not unaware of the hate targeting these people (Jews), convinced it prospers in failed societies where lies go undisputed.'

***The French Bakers' War* - Michael Whatling**

'Too often people's compassion sits below the surface, profoundly felt but seldom acted upon.' **Michael Whatling**

'A type of madness takes hold of him - a combination of grief and anger and self-pity.'

Michael Whatling

'Once you dry a child's tears, your love for that child will never end.' **Michael Whatling**

11

‘Death has crept in through our windows.’ Jeremiah 9:21 (NLT)

‘Anything is better than looking at the faces of the people around him - the walking wounded whose afflictions he envies. They’re only physical.’

The French Bakers’ War - Michael Whatling

‘The emotions of the day drag on her like chains.’ **Michael Whatling**

‘Unpredictability in men too often manifests itself in violence.’ **Michael Whatling**

‘Sharing personal secrets only mire you deeper in each other’s quicksand. How will either of them extract themselves then? The truth is the only thing left when you no longer have the strength to lie.’ **Michael Whatling**

12

‘Even the courts of law are corrupt.’ Ecclesiastes 3:16 (NLT)

‘He preserves the earth by his wisdom.’ Jeremiah 10:12 (NLT)

‘It is very easy for lies you tell yourself to become truths.’

The French Bakers’ War - Michael Whatling

‘Emilie pretends she doesn’t hear the German. She imagines herself a mare with blinkers and stays on her path back to the patisserie.’ **Michael Whatling**

‘The pain comes in waves, throbbing like a racing heartbeat, often scorching like his feet are being dipped in acid.’ **Michael Whatling**

‘Everyone keeps parts of themselves hidden in shadows.’ **Michael Whatling**

‘Torture is much more effective on the mind than the body when you have no proof it happened.’ **Michael Whatling**

13

‘A person standing alone can be attacked and defeated but two can stand back-to-back and conquer.’ Ecclesiastes 4:12 (NLT)

‘Having books is an act of faith - beams of lights in darkness.’

The French Bakers’ War - Michael Whatling

‘There is hidden beauty in troubled times. It allows for friendship between strangers.’
Michael Whatling

‘Sorrow is heavy fruit,’ Monsieur Durand says in sympathy. ‘But we have to trust the Almighty doesn’t let it grow on branches too weak to bear it.’ **Michael Whatling**

‘Even miracles have their constraints.’ **Michael Whatling**

'They live in a desperate time when accusations are lobbed like grenades. Nothing good can come from such animus.' **Michael Whatling**

14

'I will weep alone because of your pride.' Jeremiah 13:17 (NLT)

'But Jesus didn't trust them, because he knew what people were really like.' John 2:24 (NLT)

'It's a long road back from being denounced, especially if it's as a collaborator with Nazis.'

***The French Bakers' War* - Michael Whatling**

'Never trust anyone who rejoices in evil more than those who do it.' **Michael Whatling**

'What good are all the memories in the world to a motherless child? **Michael Whatling**

'He can't help but think an absence isn't a hole. It's a presence living inside you, eating its way out.' **Michael Whatling**

15

'Your words are what sustain me.' Jeremiah 15:16 (NLT)

'Dreams give birth to our future. Why not have them?'

***The French Bakers' War* - Michael Whatling**

'Everyone suffers alone, but when a kindred soul is encountered, they should join hands and suffer alone together.' **Michael Whatling**

16

'Draw close to God, and God will draw close to you.' James 4:8 (NLT)

'Friendship with this world makes you an enemy of God.' James 4:4 (NLT)

'For one of the few times in his life, he finds himself floundering. All they can do is share the silence.' ***The French Bakers' War* - Michael Whatling**

'That's the thing about pain - unlike a memory, it eventually fades despite the scars it leaves behind.' **Michael Whatling**

17 'Friendship is a jewel, scarce and beautiful.' (Michael Whatling)

'Sorrow is better than laughter, for sadness has a refining influence on us.' Ecclesiastes 7:3 (NLT)

‘As a man of words, he appreciates how often talking is fruitless. No one can hear the plaintive hymn someone else’s soul sings.’ ***The French Bakers’ War* - Michael Whatling**

‘Hope is the one bird in a thousand that soars above the others regardless of the weather.’
Michael Whatling

‘A child who loses the ability to imagine will be without a sense no less valuable than sight, or hearing, or smell.’ **Michael Whatling**

‘How indiscriminately things of beauty are destroyed.’ **Michael Whatling**

‘Being disappointed means having hope.’ **Michael Whatling**

18

‘There is no arguing with God about your destiny.’ Ecclesiastes 6:10 (NLT)

‘You alone are my hope in the day of disaster.’ Jeremiah 17:16 (NLT)

‘Hiding together for more than twenty-four hours has left most of them, if not exactly friends, at least believing themselves more human for having been with each other.’

***The French Bakers’ War* - Michael Whatling**

‘Anyone who burns books, will burn anything.’ **Michael Whatling**

‘They have been reduced to cherishing the tiniest second of happiness as a blessing.’
Michael Whatling

‘Only the most devoted intimacy with suffering can teach you that the pain of one person is indistinguishable from another.’ **Michael Whatling**

19

‘They walk the muddy paths of sin.’ Jeremiah 18:15 (NLT)

‘Your life is like the morning fog - it is here a little while, then it is gone.’ James 4:14 (NLT)

‘Most of those who were arrested in the raid were released, but remain tight-lipped about what happened to them, only sharing it in hushed tones. Those who were killed or never let go are not spoken of as if they never existed.’ ***The French Bakers’ War* - Michael Whatling**

‘But what is revenge other than justice taken onto your own hands? **Michael Whatling**

‘Memories of noises, and smells, and even tastes she thought forgotten, return like an executioner to his duty after pausing to sharpen his axe.’ **Michael Whatling**

20 ‘All moments are key moments, and life itself is grace.’

(Frederick Buechner)

‘The word burns in my heart like a fire.’ Jeremiah 20:9 (NLT)

‘Wisdom is always distant and very difficult to find.’ Ecclesiastes 7:24 (NLT)

‘Her being free means nothing if she does nothing. It is not the actions of evil people that rob our humanity, it is the inaction of the good.’

The French Bakers’ War - Michael Whatling

‘Twinges of hope invigorate him, shocking as a plunge into a lake in winter.’

Michael Whatling

‘Every emotion within him fights for control, hacking wretchedness and loss the most dominant among them.’ **Michael Whatling**

‘He mourns with the emotions of a lone survivor of a sunken ship - sorrow for a loved one is made worse by the question: ‘Why wasn’t it me instead?’” **Michael Whatling**

21

‘They are prophets of deceit, inventing everything they say.’ Jeremiah 23:26 (NLT)

‘My word is like a mighty hammer that smashes rock to pieces.’ Jeremiah 25:29 (NLT)

‘It has been a long time since someone has shown her a bread of kindness.’

The French Bakers’ War - Michael Whatling

‘In all the violent upheavals throughout history, the first casualty isn’t truth, it’s shame.’

Michael Whatling

‘The old man will be useful as a barrier between them, as much a deterrent to frank talk and raw emotions as a moat filled with burning oil.’ **Michael Whatling**

‘Experience has taught her no amount of intimacy has prevented someone from turning around and using confidences in the most damaging ways.’ **Michael Whatling**

22

‘It becomes a perpetual spring within them.’ John 4:14 (NLT)

‘She doesn’t doubt the lies she’s been telling herself have become a religion of blind faith.’

The French Bakers’ War - Michael Whatling

‘Often when a man goes quiet, a burst of anger follows. Even violence. She needs no reminding of this.’ **Michael Whatling**

23

‘Wisdom lights up a person’s face, softening its hardness.’ Ecclesiastes 8:1 (NLT)

‘War makes everyone old, except for those it kills.’

***The French Bakers’ War* - Michael Whatling**

‘You can’t be clever and angry at the same time.’ **Michael Whatling**

‘It is nothing to die; it is everything not to have lived.’ **Michael Whatling**

24 **‘Faith in our fellow man is never wasted.’ (Michael Whatling)**

‘The same destiny ultimately awaits everyone.’ Ecclesiastes 9:2 (NLT)

‘I have loved you, my people, with an everlasting love.’ Jeremiah 31:3 (NLT)

‘Being called that reprehensible insult leaves him devastated, no different from if he had been pummelled by fists. He has had a lifetime of names. Cuts and bruises heal, vindictive words fester.’ ***The French Bakers’ War* - Michael Whatling**

‘Monsieur Durand slogs home, feeling lonelier and more abandoned than ever, a comfortless shadow fading into the night.’ **Michael Whatling**

‘Andre is in pain, and when someone can’t endure their pain any longer, they wield it like a scythe, cutting down everything.’ **Michael Whatling**

25

‘Like a fish in a net or birds in a snare, people are often caught by sudden tragedy.’ Ecclesiastes 9:12 (NLT)

‘It’s like all the good memories of the patisserie don’t belong to him anymore - they’ve been exorcised as thoroughly as midnight demons. Now the shop exists to mock him.

***The French Bakers’ War* - Michael Whatling**

‘Sadness gurgles up inside him, not over his father’s death, exactly, but for what might have been.’ **Michael Whatling**

‘He tries to hold on to the anger he has for his father but finds it as impossible as grabbing mist. At least he didn’t report them to the Nazis.’ **Michael Whatling**

26 **‘A human being can withstand so much yet perish over so little.’**

(Michael Whatling)

‘For I have given rest to the weary and joy to the sorrowing.’ Jeremiah 31:25 (NLT)

‘The thing about when someone heartless dies, a day soon approaches when there is no one left to remember them, or care enough to, and so they die again.’

The French Bakers’ War - Michael Whatling

‘His loss of faith in Mireille ever coming home was a shameful lapse. Now he will rise from that pile of skulls.’ **Michael Whatling**

‘The priest clears his throat. ‘We never know what God has written on each of our temples. I choose to believe mine is HOPE. Yours is something you must uncover for yourself.’

Michael Whatling

‘If you believe in nothing else, believe that with love, stars can shine through your soul.’

Michael Whatling

27

‘God the Father chose you long ago.’ 1 Peter 1:2 (NLT)

‘A quiet spirit can overcome even great mistakes.’ Ecclesiastes 10:4 (NLT)

‘Isn’t wishful thinking simply diluted hope for those who have had it beaten out of them?

No matter what has happened, there is nothing between them. All they were doing was bleeding in each other’s wounds.’ ***The French Bakers’ War - Michael Whatling***

‘But when pleasure has been stolen from your passion, what else remains?

‘Saddled with uncertainty about her family’s fate for so long, she was already walking around wearing half of her grief like sackcloth. Now that the worst has been confirmed, she is ready to don its full coat, oversized and oppressive.’ **Michael Whatling**

28

‘Those who preached to you in the power of the Holy Spirit.’ 1 Peter 1:12 (NLT)

‘If you wait for perfect conditions, you will never get anything done.’ Ecclesiastes 11:4 (NLT)

‘The deepest happiness you can experience is to know your child feels loved.’

The French Bakers’ War - Michael Whatling

‘All her choices are cliffs with rocks below.’ **Michael Whatling**

‘All the good intentions amount to nothing if one’s resolve is fragile as a bird’s wing.’

Michael Whatling

'The lies I built around her childhood grew like invisible prison bars, holding me back, trapping me. Only the truth will free me now. At the same time, it terrifies me.'

The Last Hours in Paris - Ruth Druart

29 **'My suitcase of memories.'** (Ruth Druart)

'Live in reverent fear of him during your time as foreigners here on earth.' 1 Peter 1:17 (NLT)

'The sea has swept away everything in its path that is not anchored or rooted in the sand. Sometimes I wish I could sweep away the past like that, let the sea take it far out into the ocean where it will never be found again.' ***The Last Hours in Paris - Ruth Druart***

30

'And there is no silver lining left among the clouds.' Ecclesiastes 12:2 (NLT)

'My judgment is absolutely just.' John 5:30 (NLT)

'Anyone who believes in him will never be disappointed.' 1 Peter 2:6 (NLT)

'She likes this sense of being between places, neither where she was not yet where she is going. It feels like a safe place, where she can be anyone she wants to be.'

The Last Hours in Paris - Ruth Druart

31 **'If you want new ideas read old books.'**

'He left his case in the hands of God.' 1 Peter 2:23 (NLT)

'Josephine is drawn to letters and languages. She loves putting words together, creating images with them, finding rhythm in the phrases, using them to stir emotions.'

The Last Hours in Paris - Ruth Druart

'What Josephine has learnt about life has been through books. Once she could read, she devoured them... In between these pages she learnt about life, about love, about courage, about cowardice. Words are power. They can bring you down, they can lift you up, make your heart soar, make you fall in love. Or make you hate.' **Ruth Druart**

November

1

'The unfading beauty of a gentle and quiet spirit.' 1 Peter 3:4 (NLT)

‘The noise of Babylon’s fall, and her cry of despair will be heard around the world.’ Jeremiah 50:46 (NLT)

‘These spring evenings were poignant with longing as the light gently faded from the day. For a moment the emptiness inside him seemed to expand till it was all that was left of him, and the vastness of it terrified him.’ ***The Last Hours in Paris* - Ruth Druart**

‘In a way Nazism was itself a religion, the difference being that there was no forgiveness, no redemption, and certainly no resurrection. But one God? Hitler?’ **Ruth Druart**

2

‘Work hard at living in peace with others.’ 1 Peter 3:11 (NLT)

‘Your end has come. The thread of your life is cut.’ Jeremiah 51:13 (NLT)

‘Sebastian understood the way people used silence as a weapon. He pitied them, conscious that it was all they had left.’ ***The Last Hours in Paris* - Ruth Druart**

‘Sebastian knew it wasn’t good to have regular habits in wartime. It meant people knew where you were and who you were mixing with...’ **Ruth Druart**

‘Semi-formed words grew in his mind. He was afraid of their impact once released. The power of words. Words lied. Words betrayed. Words killed.’ **Ruth Druart**

3

‘My lover, my friend.’ Song of Songs 5:16 (NLT)

‘Time can predict value. While produce and humans have a mathematical life expectancy that decreases with each day, some things, like books, increase in life expectancy with each passing day.’ **Shane Parrish – (Farnam Street)**

‘My heart was screaming at me to stay, but who would trust their heart at a time like this, when our lives were at risk?’ ***The Last Hours in Paris* - Ruth Druart**

‘You don’t choose who you love. It just happens and sometimes you fall in love with someone you’re not supposed to fall in love with.’ **Ruth Druart**

‘Shame, fear, and revulsion pumped through my veins as we made our way back home. People had been hungry enough to tear the flesh off a dead horse.’ **Ruth Druart**

4

‘He died for sinners that he might safely bring us home to God.’ 1 Peter 3:18 (NLT)

'The bells of Notre-Dame, silenced during the occupation, tolled in celebration. Church bells heard the call; they rang out all over Paris - like God's own song reaching into my soul, telling me not to lose faith.' ***The Last Hours in Paris - Ruth Druart***

'I held the image of Sebastian in my head. I held onto it when they took out the brush and painted the swastika across my forehead. Branded a whore, and traitor to my country.'

Ruth Druart

5

'For love covers a multitude of sins.' 1 Peter 4:8 (NLT)

'I couldn't speak. I shook my head instead, not wanting to invite her words, just wanting to be left alone in silence.' ***The Last Hours in Paris - Ruth Druart***

6

'Like a widow broken with grief, she sits alone in her mourning.' Lamentations 1:1 (NLT)

'You can't become a public figure if you hide like this.' John 7:4 (NLT)

'I felt Maman's loneliness and worry seep into me, adding to my own. Knowing I had brought this on my family filled me with guilt, but still, I couldn't bring myself to regret Sebastian...' ***The Last Hours in Paris - Ruth Druart***

7

'Judgment must begin first among God's own children.' 1 Peter 4:17 (NLT)

'My heart is broken, my spirit poured out, as I see what has happened to my people.' Lamentations 2:11 (NLT)

'A child born of the enemy would only serve as a reminder of how we had surrendered, how we had lain down and taken it. The shame was deep and destructive. But this was my child. And all that I had left of Sebastian.' ***The Last Hours in Paris - Ruth Druart***

'People are prejudiced; they won't want to hear your story. Everyone will have stories, but they will only hear the word "Boche."' **Ruth Druart**

'No one talks about what happened during the war, do they? There was too much we wanted to forget.' **Ruth Druart**

8

‘They painted false pictures, filling you with false hope.’ Lamentations 2:14 (NLT)

‘Humble yourselves under the mighty power of God.’ 1 Peter 5:6 (NLT)

‘I placed my palm over my swollen belly, feeling my baby - our baby - and a feeling of love and gratitude swept through me, replacing my loneliness with hope.’

The Last Hours in Paris - Ruth Druart

‘Cold silent tears ran down my face, and I let them fall.’ **Ruth Druart**

‘She made a sign of the cross. “A baby is a gift from God. We must never forget that.”’

Ruth Druart

‘I was in pain. It had consumed me. But I pushed again. Then like a wave breaking over me, it was gone. I collapsed back onto the bed.

Then I heard a cry. My baby was alive. Tears of pain turned to tears of joy.’ **Ruth Druart**

9

‘Many waters cannot quench love.’ Song of Songs 8:7 (NLT)

‘He has brought me into deep darkness.’ Lamentations 3:2 (NLT)

‘Josephine’s heart beats erratically, like a trapped bird’s wing.’

The Last Hours in Paris - Ruth Druart

‘The shame that followed me here from Paris. The shame that made me lie to my daughter, and that made me deny her her father. I hate myself for succumbing to it, for letting it ruin my life.’ **Ruth Druart**

‘Guilt and sorrow wash over me like a wave, pulling me down under the water. I can hardly breathe, thinking about it.’ **Ruth Druart**

‘Maybe home wasn’t a place at all, but the people you wanted to be with.’ **Ruth Druart**

10

‘His mercies begin afresh each day.’ Lamentations 3:23 (NLT)

‘The grace of God is with you no matter what happens.’ 1 Peter 5:12 (NLT)

‘These letters are addressed to me, but they belong to both of us. It’s not just my story. It’s yours too.

Bitter tears of regret and loss slide silently down my cheeks onto the thin paper, smudging the black ink.’ ***The Last Hours in Paris - Ruth Druart***

‘Elise’s mother had handed him over! Waves of anger and deep sadness washed over him; that she would be driven to do that to protect her daughter.’ **Ruth Druart**

'Gone were the smart, proud soldiers who had marched down the Champs-Elysees four years ago. They had been reduced to a quivering, frightened mass of weak and exhausted prisoners.' **Ruth Druart**

11

'Lord... your throne continues from generation to generation.' Lamentations 5:19 (NLT)

'Your vigour will be renewed each day like the morning dew.' Psalm 110:3 (NLT)

'Some began to doze off where they were standing: exhausted, starving, and thirsty. Sleep was there only escape now.' ***The Last Hours in Paris* - Ruth Druart**

'Brown POW uniforms with yellow diamond patches sewn on the back of the jackets and the trouser legs were thrust into their arms. Sebastian had just exchanged one uniform for another, and it made him feel like a cog in a machine again. Would he ever be free?'

Ruth Druart

12

'You have collected all my tears in a bottle.' Psalm 56:8 (NLT)

'His divine power gives us everything we need for living a godly life.' 2 Peter 1:3 (NLT)

'Frustration and a feeling of powerlessness seeped through him. He was at the mercy of the British government now, and as fair and friendly as they might seem, he was still their prisoner.' ***The Last Hours in Paris* - Ruth Druart**

13

'Son of man, let all my words sink deep into your own heart first.' Ezekiel 3:10 (NLT)

'The City of Light had come alive again. Even the air smelt different, and he breathed in deeply, savouring the smell of fresh bread, and the faint lingering scent of cigar smoke mingling with that of the flowers standing in large pails outside the florists. Smells of freedom; being able to eat what you like, to choose your own life, and most importantly, to choose who you loved.' ***The Last Hours in Paris* - Ruth Druart**

14

'Rebels who could see the truth if they wanted to.' Ezekiel 12:2 (NLT)

'It is the Holy Spirit who moved the prophets to speak from God.' 2 Peter 1:21 (NLT)

‘No one said a word, for they saw that his suffering was too great for words.’ Job 2:13 (NLT)

‘He walked into the church. He was so exhausted he couldn’t see straight and was only vaguely aware of a few people kneeling, praying. He slumped onto one of the pews, waves of fatigue washing over him. Then he remembered the ring. He pulled the box out of his coat pocket, opening it to look at the single gold band. He got up and walked over to the Statue of Saint Pierre, where he lit a candle, but he didn’t say a prayer. He kissed the ring and dropped in into the offertory box where people left money for the candles. Then he went back to the pews and, sitting down heavily, he leant back and gazed at the vaulted ceiling. This time Jesus seemed to look down on him with pity.’

The Last Hours in Paris - Ruth Druart

15

‘He who is without sin throw the first stone.’ John 8:7 (NLT)

‘The Lord knows how to rescue godly people from their trials.’ 2 Peter 2:9 (NLT)

‘But now it feels as though the wind is gusting through the walls I built around us, blowing up years of debris into my face, choking me. Why hadn’t I listened to my heart instead?’

The Last Hours in Paris - Ruth Druart

‘I know the damage time can do. How it can take your loved ones so far away there’s no coming back.’ **Ruth Druart**

‘Sometimes loving someone doesn’t mean being with them.’ **Ruth Druart**

‘How could I have been so caught up in my own grief that I couldn’t see hers.’ **Ruth Druart**

16

‘Why is life given to those with no future?’ Job 3:23 (NLT)

‘I will be a sanctuary to you during your time in exile.’ Ezekiel 11:16 (NLT)

‘The wind gently caresses my hair, whispering to me and I realise I am no longer afraid. There is nothing left to fear. The truth is released. I listen to the timeless rhythm of the waves, lapping against the rocks, pulling back, then coming in again. I feel weightless, as though I could float away. I close my eyes and sync my breath with the sound of the sea.’

The Last Hours in Paris - Ruth Druart

‘I thought I was making a home, but I was only ever building a house.’

I Let You Go - Clare Mackintosh

17

‘You are a slave to whatever controls you.’ 2 Peter 2:19 (NLT)

‘Put a mark on the foreheads of all those who weep and sigh because of the sins they see around them.’ Ezekiel 9:4 (NLT)

‘Imagine how different it would have been if no one had ever lied. Lies are like stealing. You steal the truth.’ ***The Last Hours in Paris* - Ruth Druart**

‘What is fair? There are only choices, often difficult ones. I haven’t always made the best choices. I have to get this one right.’ **Ruth Druart**

‘The wind caresses my hair, whispering to me as silent tears fall.’ **Ruth Druart**

‘Everything has changed. The instant the car slid across the wet tarmac my whole life changed.’ ***I Let You Go* - Clare Mackintosh**

18

‘He is a liar and the father of lies.’ John 8:44 (NLT)

‘In the last days there will be scoffers who will laugh at the truth.’ 2 Peter 3:3 (NLT)

‘Every person we encounter has an invisible history: a conglomeration of memories, desires, hopes, disappointments, devastations, likes, dislikes, and longings that we could never know.’ ***Liturgies of Hope* - Audrey Elledge & Elizabeth Moore**

‘When I wake, for a second I’m not sure what this feeling is. Everything is the same, and yet everything has changed. Then, before I have even opened my eyes, there is a rush of noise in my head, like an underground train. And there it is: playing out in Technicolour scenes I can’t pause or mute.’ ***I Let You Go* - Clare Mackintosh**

19

‘The earth will be consumed by fire on the day of judgment.’ 2 Peter 3:7 (NLT)

‘I do not have a goal that encourages me to carry on.’ Job 6:11 (NLT)

‘Can I do this? Is it possible to simply walk away from one life and start another?’
***I Let You Go* - Clare Mackintosh**

‘I make room instead for the wooden box in which my memories are hidden, crammed one on top of another beneath the cedar lid.’ **Clare Mackintosh**

20

'Some have twisted his letters around to mean something quite different from what he meant.' 2 Peter 3:16 (NLT)

'It is coming! It's on its way. Ezekiel 21:7 (NLT)

'And the photos of the son I loved with an intensity that seemed impossible. Precious photos. So few for someone so loved.' ***I Let You Go* - Clare Mackintosh**

21

'We are writing these things so our joy may be complete.' 1 John 1:4 (NLT)

'Our days on earth are as transient as a shadow.' Job 8:9 (NLT)

'They repair cracked walls with whitewash.' Ezekiel 22:28 (NLT)

'I wonder briefly if I have become immune to physical pain; if the human body is not designed to handle both physical and emotional hurt.' ***I Let You Go* - Clare Mackintosh**

'I have a sudden urge to feel something. Anything. I take off my shoes in spite of the cold and feel the grains of sand pressing against the soles of my feet.' **Clare Mackintosh**

22

'You are no more.' (Ezekiel 28:19)

'I was blind and now I can see.' John 9:25 (NLT)

'My life passes more swiftly than a runner.' Job 9:25 (NLT)

"The people of Israel will again live in their own land.' Ezekiel 28:25 (NLT)

'Although I know it's coming, the wave of emotion engulfs me, bursting from me with such force, I can barely breathe. The grief I feel is so physical it seems impossible that I am still living, that my heart continues to beat when it has been wrenched apart.'

***I Let You Go* - Clare Mackintosh**

'The nightmares didn't start straight away, but now they're here, they won't stop. I lie in bed each night, fighting sleep and playing out scenarios in my head like those children's books where the reader chooses the ending.' **Clare Mackintosh**

23

'My purpose is to give life in all its fullness.' John 10:10 (NLT)

'This world is fading away.' 1 John 2:17 (NLT)

'A land of utter gloom where confusion reigns.' John 10:22 (NLT)

'I have become a hermit, cloistered within the stone walls of this cottage, venturing no further than the village shop to buy milk, and living off little more than toast and coffee.'

I Let You Go - Clare Mackintosh

'I think of Eve, and the niece and nephew growing up without me in their lives. I may have lost my son. but I still have a family, no matter what happened between us.'

Clare Mackintosh

'Five years of someone's life is too much to lose over a throwaway comment.'

Clare Mackintosh

'For all that I sought an escape, I'm lonely here in Penfach.' **Clare Mackintosh**

24

'There will be one flock with one shepherd.' John 10:16 (NLT)

'You will have courage because you will have hope.' John 11:16 (NLT)

'I have a sudden urge to write my name in the sand, like a toddler on holiday, and I smile at my childishness. The driftwood is unwieldy and slippery, but I finish the letters and stand back to admire my handiwork. It seems strange to see my name so bold and unashamed. I've been invisible for so long, and what am I now? A sculptor who doesn't sculpt. A mother without a child. The letters are not invisible. They are shouting: large enough to be seen from the clifftops.' ***I Let You Go - Clare Mackintosh***

25 'For the life of every living thing is in his hand.' [Job 12:10]

'The Spirit teaches you all things.' 1 John 2:27 (NLT)

'People who are at ease mock those in trouble.' Job 12:5 (NLT)

'I'll take a picture of it before the tide comes in and swallows it up, I decide, so I can capture the moment I felt brave.' ***I Let You Go - Clare Mackintosh***

'When you leave a place it's easy to imagine life going on there the same way as before, even though nothing really stays the same for long.' **Clare Mackintosh**

'I pull the box toward me and sit cross-legged to open the lid, breathing in memories along with the dust. New business name: **Written in the Sand.**' **Clare Mackintosh**

26

'I will send showers, showers of blessing.' Ezekiel 34:26 (NLT)

'My fingers touch the soft fabric of the rabbit. The wind is battering the trees until they are almost bent double. I can't see the sea from the house and I'm not sure if I'm glad of this fact, or if I should give in to the pull I feel to walk down to the lifeboat station and watch for that tiny orange speck.' ***I Let You Go - Clare Mackintosh***

27

'The Son of God came to destroy the works of the Devil.' 1 John 3:8 (NLT)

'I feel the weight of emotion fill his eyes' He sinks back on to his heels. 'We'll go out again at first light,' he says flatly, 'but no one's pretending anymore.' He weeps openly for the father and teenage son who had so confidently taken out their boat despite the warning signs.'

I Let You Go - Clare Mackintosh

28

'Like a flower, we blossom for a moment and then wither.' Job 14:2 (NLT)

'I will take out your strong heart of sin and give you a new, obedient heart.' Ezekiel 36:26 (NLT)

'I had imagined his life to be perfect: for there to be nothing more to him than the funny, easy-going persona he presents. But the ghosts he battles are as real as my own.'

I Let You Go - Clare Mackintosh

'When I wake, I realise instantly something is different... I have woken naturally. No scream has dragged me from my sleep, no screech of brakes or crack of skull against glass. For the first night in more than twelve months I haven't dreamed about the accident.'

Clare Mackintosh

29

'If a tree is cut down, there is hope that it will sprout again and grow new branches.' Job 14:7 (NLT)

'Let us stop just saying we love each other, let us really show it by our actions.' 1 John 3:18 (NLT)

'I've told him more than I ever intended to, but I can't tell him everything. If I do, he'll leave, and I'll have no one to stop me from falling.' ***I Let You Go - Clare Mackintosh***

'In the dark of the police car I let myself cry. Hot tears fall on to my clenched fists as the detective speaks to me, making little attempt to disguise the contempt in her voice. It is no less than I deserve, but even so it's hard to take.' **Clare Mackintosh**

30

‘Count my steps, instead of watching for my sins.’ Job 14:16 (NLT)

‘The day of judgment will come.’ Ezekiel 39:8 (NLT)

‘I am jealous for my holy reputation.’ Ezekiel 39:25 (NLT)

‘The train from Bristol to Swansea takes nearly two hours and although I’m desperate for a glimpse of the sea, I’m glad of the solitude and the time to think.’

I Let You Go - Clare Mackintosh

‘The red on the door is caused by smears of paint, crudely brushed on with a clump of grass that now lies abandoned at my feet. ‘GET OUT’

I’m too frightened to go near the sea again, although it’s not the water I’m scared of but my own mind. I can feel myself going mad...’ **Clare Mackintosh**

December

1

‘God is greater than our hearts, and he knows everything.’ 1 John 3:20 (NLT)

‘There are many false prophets in the world.’ 1 John 4:1 (NLT)

‘I was stupid to think I could escape the past. However fast I run, however far: I will never outrun it.’ ***I Let You Go - Clare Mackintosh***

‘Down by the sea I can breathe again, and I know I will miss this most of all.’

Clare Mackintosh

Patrick strides along side of me.

‘Jenna, talk to me. Stop running away!’

It is so exactly what I have done all my life that I can’t defend myself.’ **Clare Mackintosh**

2

‘The Spirit who lives in you is greater than the spirit who lives in the world.’ 1John 4:4 (NLT)

‘The breath of God will destroy everything they have.’ Job 15:30 (NLT)

‘I fight back the tears that have no right to spring from my eyes. This is of my own making and however much it hurts it has to be done.’ ***I Let You Go - Clare Mackintosh***

‘The quiet (of the courtroom) is discomforting, like a library where the pressure of not talking makes you want to scream...’ **Clare Mackintosh**

'I try to breathe slowly, evenly, but a hardness has formed in my chest, and I can't take in air properly. The sound of my heart seems to echo inside my head, and I close my eyes.'

Clare Mackintosh

3

'This is the basic law of the Temple: absolute holiness!' Ezekiel 43:12 (NLT)

'Ben might not have taken a breath, but he lived. He lived in me, and breathed my oxygen and ate my food, and was a part of me.' ***I Let You Go* - Clare Mackintosh**

'The sea doesn't falter. The next wave breaks over the marks in the sand, and they are gone.' **Clare Mackintosh**

4

'All who live in love live in God.' 1 John 4:16 (NLT)

'I was living quietly until he broke me apart.' Job 16:12 (NLT)

'A good marriage is one in which each spouse secretly thinks he or she got the better deal, and this is true also of our friendships.' **Anne Lamott**

5

'Stories breed stories.' (Paul Roe)

'For soon I must go down that road from which I will never return.' Job 16:22 (NLT)

'Wherever this water flows, everything with live.' Ezekiel 47:9 (NLT)

'Whenever you are fed up with life, start writing: ink is the great cure for all human ills, as I have found out long ago.' ***On Writing* - C. S. Lewis**

'Storytelling is vital in linking the sanctuary to the street.' ***Tell Me Another* - Paul Roe**

'Experts say that if you want to shift your ideas to others, stories are the absolute prime method.' **Paul Roe**

'Stories can make our human communities thrive.' **Paul Roe**

6

'Whoever has God's Son has life.' 1 John 5:12 (NLT)

'My eyes are dim with weeping.' Job 17:7 (NLT)

‘My hopes have disappeared.’ Job 17:11 (NLT)

‘The bush had a voice of its own. We learned to hear God’s quiet whisper in the silences, stand in awe under wide-flung sunsets, worship under a night-time dome of galaxies, appreciate the morning chorus of birds.’ ***Tell Me Another* - Paul Roe**

‘Humanity does not pass through phases as a train passes through stations: being alive, it has the privilege of always moving, but never leaving anything behind.’ **C. S. Lewis**

7

‘A revealer of mysteries.’ Daniel 2:47 (NLT)

‘Keep away from anything that might take God’s place in your hearts.’ 1 John 5:21 (NLT)

‘The heart of a good museum begins to beat when there is a passionate conviction that you have a story worth sharing.’ ***Tell Me Another* - Paul Roe**

‘Having the courage to own the dark chapters can make the rest of the story shine brighter.’ **C. S. Lewis**

‘Our storytelling can build bridges to our common humanity.’ **Paul Roe**

‘Risk-taking faith often triggers a chain reaction.’ **Paul Roe**

‘A person without a story is a person with amnesia. A country without its story has ceased to exist. A humanity without its story has lost its soul.’ **William Bausch**

8

‘But despite the miraculous signs he had done, most of the people did not believe in him.’ John 12:37 (NLT)

‘Wandering beyond the teaching of Christ.’ 2 John 9 (NLT)

‘Plunged my path into darkness.’ Job 19:7 (NLT)

‘A good story is infectious, and a story of goodness can go viral.’ ***Tell Me Another* - Paul Roe**

‘Story must provoke the growth of wings and roots to fulfil its inspirational function in a culture.’ **Paul Roe**

‘Unhurried trekking through the natural world, in particular the deserts, allowed time for reflection on deeper questions of existence.’ **Bruce Feiler (American Journalist)**

‘The call to pilgrimage is a powerful tide when harnessed for spiritual renewal.’ **Paul Roe**

9

'Talk with you face to face.' [2 John 12]

'I know that my Redeemer lives, and that he will stand upon the earth at last.' Job 19:25 (NLT)

'His rule is eternal.' Daniel 7:14 (NLT)

'Observers of human behaviour have labelled this transition from a secure place into the unknown as entering a 'liminal space' – a kind of borderless in-between.'

Tell Me Another - Paul Roe

'History without interpretation is drained of its vitality. There is a current push by some in Australia to 'decolonise' our history and to cast the churches as instruments of repression.'

Paul Roe

10

'The path of blessing.' [John 13:17]

'You do not honour the God who gives you the breath of life and controls your destiny.'

Daniel 5:23 (NLT)

'His kingdom will never be destroyed.' Daniel 6:26 (NLT)

'We need stories that bring echoes of our true home.' ***Tell Me Another - Paul Roe***

11

'Driven before the wind like straw.' [Job 21:18]

'Truth was overthrown.' Daniel 8:12 (NLT)

'He will be a master of deception.' Daniel 8:25 (NLT)

'Nobody can change stories unless an alternative story is made richly available with great artistry, love and boldness.' **Walter Brueggemann**

12

'Lord, smile again on your desolate sanctuary.' [Daniel 9:17]

'I know so well each one of you I chose.' John 3:18 (NLT)

'They bring about their own destruction.' Jude 10 (NLT)

'Our lifelong nostalgia, our longing to be re-united with something in the universe, from which we now feel cut off, to be on the inside of some door which we have always seen from the outside, is no mere neurotic fancy, but the truest index of our situation.'

C. S. Lewis

'The idea of a divine Author has been edited out and each person left to invent their own narrative in a 'choose-your-own-ending' style.' ***Tell Me Another - Paul Roe***

13

‘Continue to pray as you are directed by the Holy Spirit.’ Jude 20 (NLT)

‘He will set himself against the people of the holy covenant.’ Daniel 11:28 (NLT)

‘The affluenza epidemic infecting us with the itch to acquire just a bit more stuff has shown itself to be a very draining and, in the end, disappointing exercise.’

***Tell Me Another* - Paul Roe**

‘Storytelling is a two-way street. When both sides listen and learn, it turns foreigners into friends.’ **Paul Roe**

This early morning writing time is magic, and it is mundane.’ **Muriel Rothman Zecher**

14

‘You can ask anything in my name, and I will do it.’ John 14:13 (NLT)

‘All the nations of the earth will weep because of him.’ Revelation 1:7 (NLT)

‘I will transform the Valley of Trouble into a gateway of hope.’ Hosea 2:15 (NLT)

‘The true test of a story’s calibre is its capacity to face its characters’ failures and short comings. Undeclared, they are toxic. But, frankly admitted, they breathe life back into the narrative.’ ***Tell Me Another* - Paul Roe**

‘Diversity of thought makes us stronger, not weaker. Without diversity, we die off as a species. We can no longer adapt to changes in the environment. We need each other to survive.’ **Steve Parrish (Farnam Street)**

15

‘... a whisper of his power.’ (Job 26:14)

‘I will reveal myself to each one of them.’ John 14:21 (NLT)

‘His voice thundered like mighty ocean waves.’ Revelation 1:15 (NLT)

‘Their love for shame is greater than their love for honour.’ Hosea 4:18 (NLT)

‘He presumed that they would deplore, as he did, the turning away from the principles that made a civilised society, which were, as he named them, ‘liberty, equality, education, optimism, and belief in progress.’ ‘ ***The Magician* – Colm Toibin**

‘He wanted that which had been so fleeting to become solid. The only way he knew to make this happen was to write it down.’ **Colm Toibin**

‘Understanding is perhaps the most important thing in life.’ **Colm Toibin**

16

‘They have planted the wind and will harvest the whirlwind.’ Hosea 8:7 (NLT)

‘My father is the gardener.’ John 15:1 (NLT)

‘I search out the thoughts and intentions of every person.’ Revelation 2:23 (NLT)

‘Switzerland, to Thomas, survived on a myth of high Protestant morality even though it kept money safe for scoundrels. Just as its banks were open to the opulent, its borders were usually closed to those in need.’ ***The Magician* – Colm Toibin**

‘There were days when he thought of a book and could see where it might be found in his study. Not being able to take it down and open it came to him with sadness but also, at times, with panic.’ **Colm Toibin**

17

‘I will roar like a lion.’ [Hosea 11:10]

‘Plow up the hard ground of your hearts.’ Hosea 10:12 (NLT)

‘When the concert was over, he did not want to go out into the night. He wanted to remain enfolded by the music. He wondered if there were other people among this crowd who shared how he felt.’ ***The Magician* – Colm Toibin**

18

‘Remain in my love.’ John 15:9 (NLT)

‘All who are victorious are clothed in white.’ Revelation 3:5 (NLT)

‘My love will know no bounds.’ Hosea 14:4 (NLT)

‘She had spoken of the dark side of life as if its presence were as normal as the seasons or the hours of the day.’ ***The Magician* – Colm Toibin**

‘The suffering in the music was buried in every note.’ **Colm Toibin**

19

‘You must also tell others about me.’ John 15:27 (NLT)

‘I walked safely through the darkness.’ Job 29:3 (NLT)

‘Thank goodness, my education was neglected. I was never sent to school... It would have rubbed off some of the originality (if I had not died of shyness or been killed with over pressure).’ **Beatrix Potter**

‘It is a grubby business writing novels. Composers can think about God and the ineffable. We have to imagine the buttons on a coat.’ ***The Magician* – Colm Toibin**

‘What the orchestra gave him was only a sense of his own smallness.’ **Colm Toibin**

20

‘The world’s sin is unbelief in me.’ John 16:9 (NLT)

‘For you created everything, and it is for your pleasure that they exist and were created.’ Revelation 4:11 (NLT)

‘I will cause wonders in the heavens and on the earth.’ Joel 2:30 (NLT)

‘There are not two Germanies, a bad one and a good one, but only one, in which the best qualities have been corrupted with diabolical cunning into evil.’ ***The Magician* – Colm Toibin**

‘He was taking too many walks, reading too many newspapers and literary journals, and staying up too late. He needed to be in a place where the novel could take up all his life and where there would be no temptation to share its contents with anyone else.’ **Colm Toibin**

21

‘He will tell you about the future.’ John 16:13 (NLT)

‘You said to my prophets, ‘Shut up!’” Amos 2:12 (NLT)

‘He liked taking a walk through the grounds and then along the empty upstairs corridors. This became part of his routine. There was one room upstairs that must really have been a monk’s cell, he thought. It had a small window looking over the elm tree, whose wavering branches made shadows on the distempered walls. Thomas liked to close the door of his room and enjoy the silence and the changing light, savouring the idea this had once been a place of prayer and meditation, of self-abnegation, a refuge from the world for a single soul.’ ***The Magician* – Colm Toibin**

22

‘... reveals his every thought.’ [Amos 4:13]

‘I have overcome the world.’ John 16:33 (NLT)

‘Rescued with only a broken chair and a tattered pillow.’ Amos 3:12 (NLT)

‘Life, once the war was over, resumed as though nothing important had occurred. The same machinery was put to work in the fields at harvest time. The same barns were used for grain and hay. The same food was eaten. The same prayers were said in the churches.’

***The Magician* – Colm Toibin**

'Germany is not, by its nature, special. It is surrounded by its enemies now only because it made those enemies. And its barbaric acts against the Jewish population have placed it beyond redemption. To be rescued. It will have to be defeated.' **Colm Toibin**

23

'God will wipe away all their tears.' Revelation 7:17 (NLT)

'Come back to the Lord and live.' Amos 5:6 (NLT)

'In the candlelight, her face was alive. She moved her lips and her eyes opened and closed. When any of them tried to hold her hand, she made clear that she did not want that. An hour went by, and then another.'

'It is often the hardest thing to do,' Katherine said.

'What?'

'To die.'

The Magician – Colm Toibin

'The sky itself was deadened, murky grey as though it too had been bombed and cleared of all its colour.' **Colm Toibin**

24

'Yes, the day of the Lord will be a dark and hopeless day, without a ray of joy and hope.' Amos 5:20 (NLT)

'Just as Arnold Schoenberg (composer) believed he would die on the thirteenth day of the month, which he did, Thomas believed he would die at the age of seventy-five. When he did not, he saw what came after as a sort of gift, like being given the chance to live halfway outside time.' ***The Magician – Colm Toibin***

25

'They are not part of this world any more than I am.' John 17:16 (NLT)

'Searching for the word of the Lord.' Amos 8:12 (NLT)

'It felt strange travelling without luggage... He felt a lightness in himself, as though he had been released from school for the summer.' ***The Magician – Colm Toibin***

26 Without hope there is no life at all – Abram Goldberg

‘And they did not repent.’ Revelation 9:21 (NLT)

‘It will happen just as he announced it to his servants the prophets.’ Revelation 10:7 (NLT)

‘The sailors were awestruck by the Lord’s great power.’ Jonah 1:16 (NLT)

‘Life is beautiful, and you must live it every day. Despite any problems, the sun will rise each morning.’ ***The Strength of Hope – Abram Goldberg***

‘I had nightmares, always about running and hiding. Fear was at the centre of every nightmare.’ **Abram Goldberg**

‘We must believe we will survive this.’ **Abram Goldberg**

27

‘All the people who belong to this world will give presents to each other to celebrate the death of the two prophets who had tormented them.’ Revelation 11:10 (NLT)

‘You are the very ones who hate good and love evil.’ Micah 3:1 (NLT)

‘We lived in a constant state of trepidation and staying aware of your surroundings was crucial to our survival.’ ***The Strength of Hope – Abram Goldberg***

‘What hurts one human being also hurts another.’ **Abram Goldberg**

‘With so much loss, hardship, and pain, everyone in our community was traumatised to some degree.’ **Abram Goldberg**

28 Hatred is a terrible thing that destroys lives – Abram Goldberg.

‘Not this man.’ John 18:40 (NLT)

‘One whose origins are from the distant past.’ Micah 5:2 (NLT)

‘I believe it is better to know the truth, regardless of how confronting or upsetting it may be.’ ***The Strength of Hope – Abram Goldberg***

‘If we don’t let these stories out, the emotions they cause will fester, and potentially emerge in destructive ways.’ **Abram Goldberg**

‘If you look hard enough, you will find hope and positivity in every situation.’
Abram Goldberg

Ideology, n. An imaginary relationship to a real situation. In common usage, what the other person has, especially when systematically distorting the facts.

The Ministry for the Future – Kim Stanley Robinson

29

‘No one could buy or sell anything without that mark.’ Revelation 13:17 (NLT)

‘They die young.’ Job 36:14 (NLT)

‘We cannot imagine the power of the Almighty. Job 37:25 (NLT)

‘It is not easy to stay unafraid. It can’t always be done. Try as you might, want it ever so much, things are out of your control...like getting carried out to sea on riptides not of your making.’ ***The Ministry for the Future* – Kim Stanley Robinson**

‘The Hebrew tradition speaks of those hidden good people who keep the world from falling apart, the Tzadikim Nistarim, the hidden righteous ones.’ **Kim Stanley Robinson**

30 ‘The wealth of the nations will turn to ashes.’ (Habakkuk 2:13)

‘The smoke of their torment rises forever and ever.’ Revelation 14:11 (NLT)

‘The time has come for the wedding feast of the Lamb.’ Revelation 19:7 (NLT)

‘Their own strength is their god.’ Habakkuk 2:4 (NLT)

‘In the twelfth year of continuous drought our city ran out of water.’

***The Ministry for the Future* – Kim Stanley Robinson**

‘Only when things fall apart do you realise it can happen to you. You never think it can happen to you, until it does.’ **Kim Stanley Robinson**

‘Civilisation had been killed but it kept walking the Earth, staggering towards some fate even worse than death.’ **Kim Stanley Robinson**

31 ‘Show us your power.’ (Habakkuk 3:12)

‘Stand in silence in the presence of the Sovereign Lord.’ Zephaniah 1:7 (NLT)

‘Then people from nations around the world will worship the Lord, each in their own land.’ Zephaniah 2:11 (NLT)

‘The culture of the time was rife with fear and anger, denial and guilt, shame and regret, repression, and the return of the repressed.’

***The Ministry for the Future* – Kim Stanley Robinson**

‘Grief, sorrow, anger, panic, shame, guilt, disassociation, and depression are frequently seen responses to news of global climate catastrophe. These negative reactions can sometimes become extreme enough to be labelled pathological.’ **Kim Stanley Robinson**

