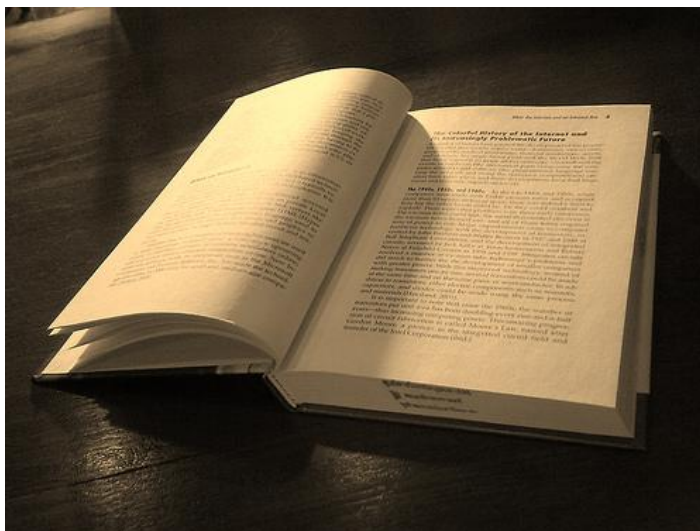


In each life, there will be days painted by joy and awe and days painted by grief, challenge and doubt. It may be easy to learn and practice how to receive joy. On the other hand, learning how to live with challenges is not always so clear or easy...



There comes a day when you realize turning a page is the best feeling in the world, because you realize there is so much more to the book than the pages you were stuck on.

~Zayn Malik

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net