

## ***How Is It with Your Soul?***

How is it with your soul? I ask you because, for me, this has been a hard week. So how is it with *your* soul?

If your response to that question is anything like mine, I invite you to pause before you listen these words. Take a deep breath and feel the force of gravity pulling us all toward the same center—whatever helps us feel more rooted and less alone. And, once you feel that rootedness and connection, hear this:

You are loved beyond belief. You are enough, you are precious, your work and your life matter, and you are not alone. You are part of a "we," a great cloud of witnesses living and dead who have insisted that this beautiful, broken world of ours is a blessing worthy of both deep gratitude and fierce protection. Our ancestors and our descendants are beckoning us, compelling us to onward toward greater connection, greater compassion, greater commitment to one another and to the earth. Together, we are resilient and resourceful enough to say "yes" to that call, to make it our life's work in a thousand different ways, knowing that we can do no other than bind ourselves more tightly together, and throw ourselves into the holy work of showing up, again and again, to be part of building that world of which we dream but which we have not yet seen.

(Adapted from the words of Ashley Horan)