

*Wishing You Thanksgiving Blessings
from Sacred Heart Province*

From a place of deep gratitude we pray:

May all beings be safe from inner and outer harm.

May all beings be healthy and strong.

May all beings be happy and content.

May all beings live with ease and well-being.

May all beings live with an open heart.

May all beings know joy and freedom.

May all beings have food, shelter, and good care.

May all beings be free from animosity and hatred.

May all beings know peace.

May all beings be good friends to each other.

-Ruth King, "[Mindful of Race: Transforming Racism from the Inside Out](#)"

Prepared by Sr. Sue Artone-Fricke / dmk
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