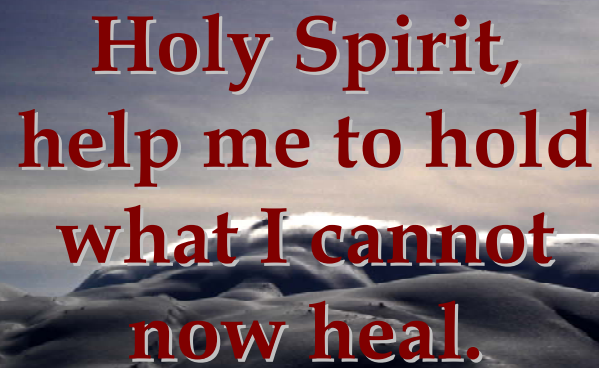


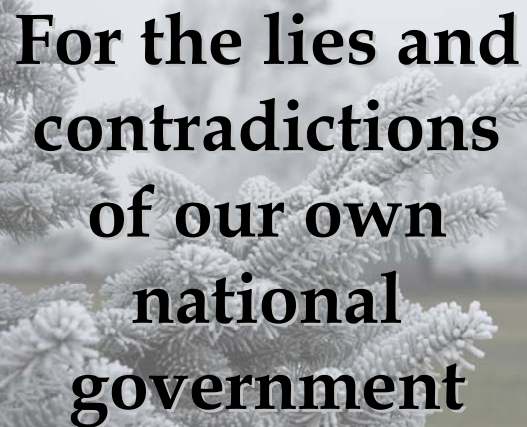


**For the injustices
and absurdities
of our entire
global planet**

RESPONSE:

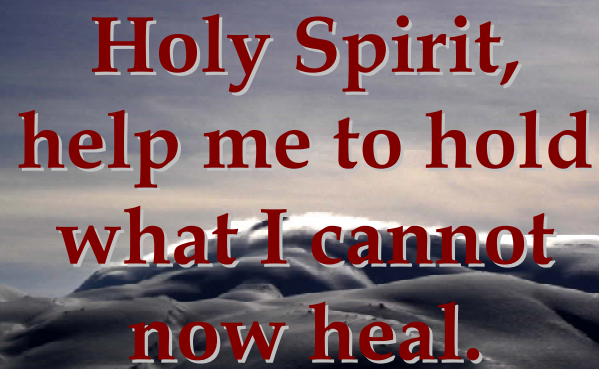


**Holy Spirit,
help me to hold
what I cannot
now heal.**

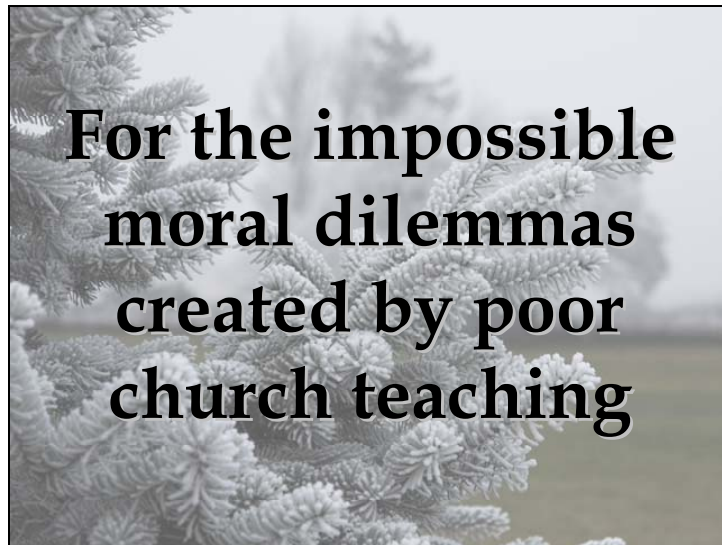


**For the lies and
contradictions
of our own
national
government**

RESPONSE:



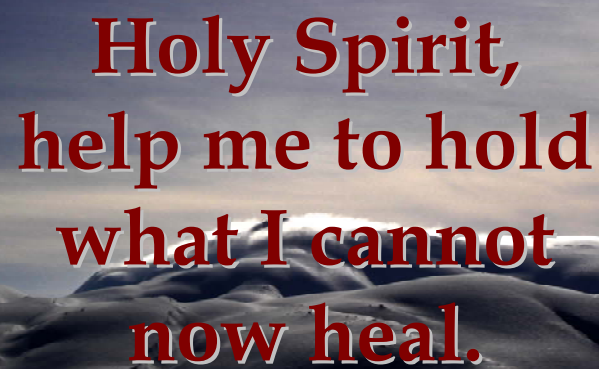
**Holy Spirit,
help me to hold
what I cannot
now heal.**



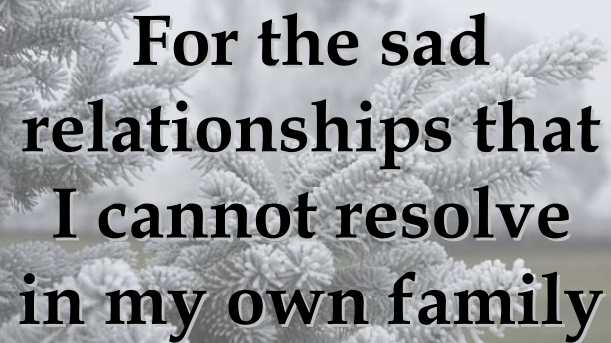


**For the corruption
of our institutions
and corporations**

RESPONSE:

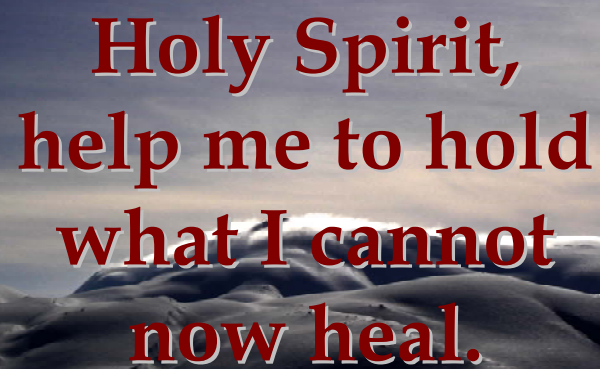


**Holy Spirit,
help me to hold
what I cannot
now heal.**

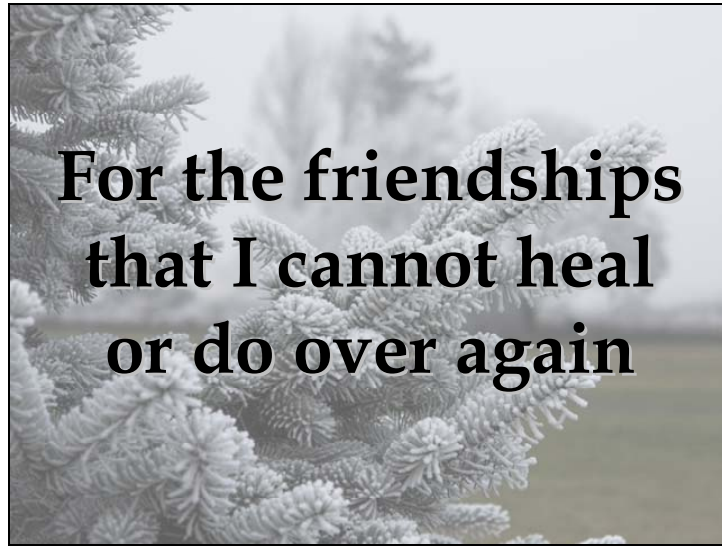


**For the sad
relationships that
I cannot resolve
in my own family**

RESPONSE:



**Holy Spirit,
help me to hold
what I cannot
now heal.**

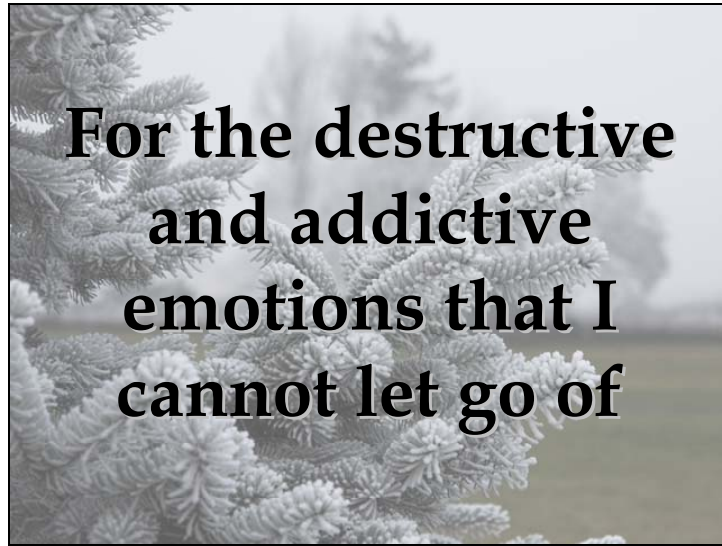


**For the friendships
that I cannot heal
or do over again**



RESPONSE:

**Holy Spirit,
help me to hold
what I cannot
now heal.**



**For the destructive
and addictive
emotions that I
cannot let go of**



RESPONSE:
**Holy Spirit,
help me to hold
what I cannot
now heal.**

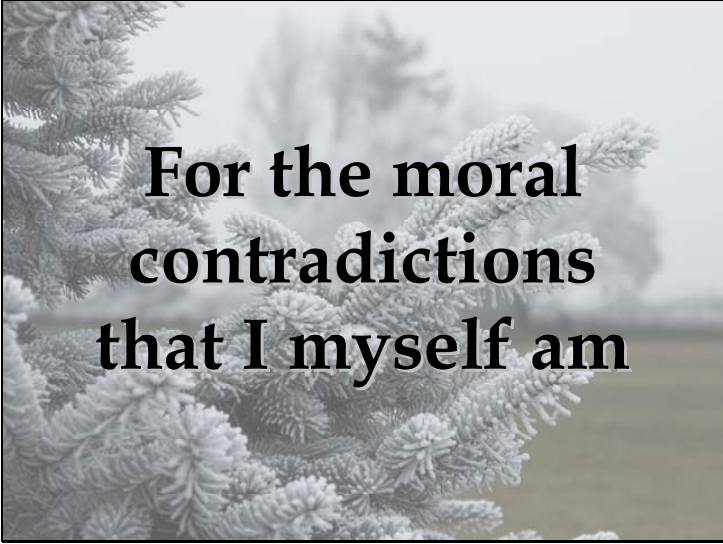


**For the
intellectual
conflicts that
I cannot resolve**



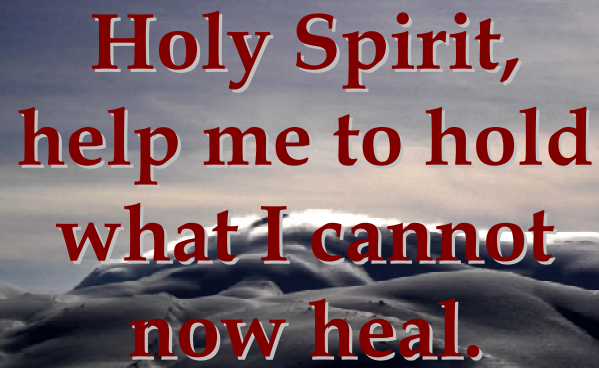
RESPONSE:

**Holy Spirit,
help me to hold
what I cannot
now heal.**



**For the moral
contradictions
that I myself am**

RESPONSE:



**Holy Spirit,
help me to hold
what I cannot
now heal.**



**For the parts
of myself that
I do not like
and cannot change**



RESPONSE:

**Holy Spirit,
help me to hold
what I cannot
now heal.**