the earth will keep turning
but we must stop
if we want the oak to keep growing
and the swallow to keep flying
and the river to keep flowing
we must stop
in our stillness
we will discover ourselves and see each other,
we will hear the earth’s song
and we will heal, and as we heal
the ocean will heal, the forest will heal
and the dark cloud will pass
and we will know our earth anew
no longer blind to her tender majesty
and we will know ourselves and each other anew
filled with awe by our infinite beauty
and so we’ll heal and the earth will heal
and the earth will keep turning
but first, we must stop

Athal WWel Williams
Social Philosopher
Times can be difficult and challenging in the midst of change and uncertainty. We are living in a time where things are changing every hour and there is much uncertainty due to the COVID-19 virus. We are a people with God given emotions, fears, and tendencies. Those things do not shock God, but they are meant to hopefully trigger response in us… and that response can be for good! Our hope is that this journal be encouraging to you, challenging for us all, and helpful to get through what we are facing together.

The Salvation Army strives to have a ministry of presence during hard times, and with the social distancing that needs to take place, that presence is a potential obstacle. We believe that through this journal, where we can have an online/phone presence, and where we are praying and dreaming together… we cannot only get through this, but be better when we are safely past it.

We pray God’s blessings upon you, God’s presence to be felt, and God’ protection over us all.

Blessings,

Your Salvation Army
Life is a Story of Self

Life is a story of self in community.

The community determines the quality of life opportunities.

You determine your quality of life goals.

Your life becomes part of the quality of community we experience.

Creating community during challenging times creates strength in us, in others, in community.

Let us pause to find Life together because your life, my life, matters.

Quality of life actually begins at home - it’s in your street, around your community.

Charles Kennedy
Who Am I?

What are my...

Hopes & Dreams in these Uncertain Moments?

Pains & Fears?

This is myself.
You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.

Aristotle
This is Us

Think of some your favorite memories of Belonging with...

Family?

Friends?

Neighbors?

Community?

In Community I See You & You See Me.
My Thoughts...

If we have no peace, it is because we have forgotten that we belong to each other.

Mother Teresa
This is Us

Think of some your favorite memories of Trust with...

Family?

Friends?

Faith Community?

Government?

News?

In Community We Are Better Together.
My Thoughts...

Inhale the future, exhale the past.

Author Unknown
This is Us

Think of some your favorite memories of Hope with...

Family?

Friends?

Income/Employment?

Community?

Our Community Reflects Our Quality of Life.
You’re braver than you believe, stronger than you seem, and smarter than you think.

Christopher Robin
Think forward in time. Let’s plan for our favorite experiences.

Monday, June 1st, 2020

Where are you?

Who do you invite to dinner?

What do you give thanks for?

Who do you call this evening to share the day’s events?

Help experience today by looking to the future.
Plan Your Future Experiences

Think forward in time. Let’s plan for our favorite experiences.

Saturday, July 4th, 2020

Where are you?

Who do you invite to dinner?

What do you give thanks for?

Who do you call this evening to share the day’s events?

Help experience today by looking to the future.
Plan Your Future Experiences

Think forward in time. Let’s plan for our favorite experiences.

Thanksgiving, Thursday, November 19th, 2020

Where are you?

Who do you invite to dinner?

What do you give thanks for?

Who do you call this evening to share the day’s events?

Help experience today by looking to the future.
What I hope for...

You are never too old to set another goal or to dream a new dream.

C.S. Lewis
I can plan for...
My SMART Goal #1

Specific
What is my clear quality of life benefit with this goal?

Measurable
How will I know that I am making progress?

Attainable
Who is a resource to help me achieve my goal?

Relevant
Why achieving this goal is important to me?

Timely
When do I want to achieve my goal?
Trust leads to approachability and open communications.

Scott Weiss
My SMART Goal #2

**Specific**
What is my clear quality of life benefit with this goal?

**Measurable**
How will I know that I am making progress?

**Attainable**
Who is a resource to help me achieve my goal?

**Relevant**
Why achieving this goal is important to me?

**Timely**
When do I want to achieve my goals?
My Thoughts...

Those who would move the world must first move themselves.

William Booth
**My SMART Goal #3**

**Specific**
What is my clear quality of life benefit with this goal?

**Measurable**
How will I know that I am making progress?

**Attainable**
Who is a resource to help me achieve my goal?

** Relevant**
Why achieving this goal is important to me?

**Timely**
When do I want to achieve my goals?
Home is ultimately not about a place to live but about the people with whom you are most fully alive. Home is about love, community, and belonging, and we are all searching for home.

Erwin McManus
Gifts of the Head

What are the gifts of thinking that I have to help me get through these uncertain times...
Gifts of the Heart

What are the gifts of feeling that I have to help me get though these uncertain times?
Gifts of the Hands

What are the gifts of ability and talents that I have to help me get though these uncertain times?
I Believe in My Gifts

As I believe in my gifts of  Head – Heart – Hands,
I can...  I will...
I have a faith that is important to me.

My spiritual beliefs can help me get through.

I need to be connected to a faith community.
My Faith applies to my current situation.

I may benefit from connecting to a faith leader.

Because I believe, what I believe, and who I believe with, I will achieve my goals.

Faith...
One Finite Life

Short this life is,
just one I’ve got,
finite in tenure
whether I like it or not.

Death, is embracing fear,
replacing dreams with “I cannot,”
Life, is taking a new step
having a shot.

I will do the impossible,
I will change the world,
I’ll give hope to a despairing nation,
I’ll give bread to a starving girl;

I’ll break all the records,
I’ll do what’s never been done,
I’ll give and know love,
I’ll be a billionaire of fun.

You can whip me with your words,
you can bash me with your lies,
you can chain me to the ground with your rules,
you can stab me with your eyes;

I’ll forgive any personal harm,
I’ll ignore all acts of mean,
but I will not forgive obstruction
of my purpose and dream;
For I am a superman,
I am a king,
I will not just lie down,
I will get up and take to wing;

I will rise up
as sure as the sun,
as sure as the springbok
I will run,
as sure as the eagle I will fly
‘cos I choose to live
until I die.

What will you do with today,
this hour, this minute?
Will you fill it with dull and fear
or will you live it?

I will not tolerate any foe
no matter weapon or munition,
especially if that foe is within me
in the form of fear or lack of ambition.

Short this life is,
just one I’ve got,
finite in tenure
whether I like it or not.
As sure as the eagle
I will fly
‘cos I choose,
I choose to live,
until I die.

Athol Williams
Social Philosopher
What will I do with today, this hour, this minute?
References


Greetings. I hope you find this journal helpful in both finding and sharing your story.

My prayer is that you experience the fullness of life through right relationships in a community of love.

God bless you,

Major [Signature]
Our Mission
The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Designed by Misty Ratcliff

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Allow: 7 Days Response, 90 Days Processing
May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13