



Practice Encouragement!

“Encouragement is a need we all have; encouragement is a power we all have.

Unleash that power.

You have within your heart an almost endless supply

~ of encouragement for other people.

Practice it!

Even if you are running short on receiving encouragement,

practice encouragement,

and you will reap what you sow.”

-Br. Curtis Almquist

Society of Saint John the Evangelist

A little vote of confidence, affirmation and encouragement goes such a long way!

Actively share this with one another.

Special thanks to Patricia Cushing, CSJ for sending this reflection.

With love and peace, The Women's Table,



<https://thewomenstable.org>