

3. Compassion

Why wait for the light at the end of the tunnel, when we can light a candle on the way?

Are we grieving this season? Are we broken this season? Are we lost this season?

The compassion of loss, the compassion of loneliness and the compassion of care is within our gift. We can be that candle in the tunnel for others, and if we need our own candle lit, that's ok too; it is absolutely ok.

Its ok not to feel ok; and its absolutely ok to ask for help.



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**I Am
Here**