



**REMINDERS** (by Rev. Keith A. Menhinick)

The weight of the world is not my burden to carry  
My self-care is not selfish or indulgent  
My joy is also what the world needs  
I have everything I need to love myself  
My body is worthy of some extra attention and gentleness  
I can do hard things and feel hard things  
My body is beautiful, capable, and resilient – even when it hurts  
I can always pause for a moment of stillness or silence  
Rest – deep, restorative rest – is sacred work  
Beauty is everywhere, if we have the eyes soft enough to see it  
The space between two people is holy  
The peace I create in the world will come back to me  
I am not alone; I belong to the great family of all things  
The world is more lovely and whole with me in it.