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For flowers that bloom about our feet;  
For tender grass, so fresh, so sweet;  
For song of bird, and hum of bee;  
For all things fair we hear or see,  
Father in heaven, we thank Thee!

For blue of stream and blue of sky;  
For pleasant shade of branches high;  
For fragrant air and cooling breeze;  
For beauty of the blooming trees,  
Father in heaven, we thank Thee!

- Ralph Waldo Emerson



## The History of Mother's Day

### Quiz: Mother's Day began:

A. In 1858, when Ann Jarvis, a young Appalachian homemaker, organized "Mother's Work Days" to improve the sanitation and avert deaths from disease-bearing insects and seepage of polluted water.

B. In 1872, when Boston poet, pacifist and women's suffragist Julia Ward Howe established a special day for mothers –and for peace– not long after the bloody Franco-Prussian War.

C. In 1905, when Ann Jarvis died. Her daughter, Anna, decided to memorialize her mother's lifelong activism, and began a campaign that culminated in 1914 when Congress passed a Mother's Day resolution.

The correct answer: All of the above.



## Prayer and Meditation

This site offers spiritual guidance for anyone seeking a path to God with helpful resources for various forms of prayer and meditation. It offers a free e-newsletter featuring prayers, reflections, and tools for the journey. The prayer section features how, where, and when to pray, fixed hour prayers from The Divine Hours, guided prayers, and prayers for daily living. Oasis: A Place to Meditate provides a structure for meditation with art, music, poetry, and reading.

[Go to Explorefaith.org](http://Explorefaith.org)



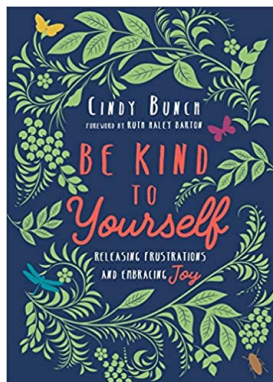
## ELCA Launches Truth and Healing Movement

The Rev. Elizabeth A. Eaton, presiding bishop of the Evangelical Lutheran Church in America (ELCA), has announced the launch of the ELCA's Truth and Healing Movement. The focus of the initiative is to increase the church's understanding of the impacts of colonization on Indigenous people in past generations and in the present.

"We must be in better, right, and healthy relationships with the Indigenous people of Turtle Island," said Eaton. "As we know, the truth and our knowing and embracing it, is the first step toward healing for all of us."

In 2016, the ELCA Churchwide Assembly adopted the Repudiation of the Doctrine of Discovery. Following this action, Eaton commissioned a task force to lead the work outlined in the repudiation. The task force also developed "A Declaration of the ELCA to American Indian and Alaska Native People," which confessed the church's complicity in the oppression and genocide of Indigenous people and recommitted the ELCA to the work of Repudiation.

[Continue the Article](#)



## Good Reads

**Title:** Be Kind to Yourself: Releasing Frustrations and Embracing Joy

**Author:** Cindy Bunch

When we experience frustrations in daily life, many of us hold ourselves to blame. Self-criticism is often our default setting. But we can have a more gracious posture toward ourselves. We can practice disciplines of self-kindness.

Editor and spiritual director Cindy Bunch calls us to self-care through greater compassion for ourselves. She helps us pay attention to the frustrations that bug us in order to identify negative thinking about ourselves or others. As we do so, we can discern what we need to let go. This allows us to lean into the things that bring us joy.

[Available Here](#)

## We Need You!

Are you interested in being featured in or submitting a **Servant Story** for a future issue of **The Tool Box**? Are you an instructor who would like to share a bit of yourself in "Instructor Focus?" Are you a site coordinator who would like to give us a peak into your program? Do you have observations to share from your a class?

We can all learn from each other's journeys before, during and after the program.

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