



# Sunday's Promise: Faith

By:

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*“Rather than specifying to the universe what the situation means and what is required for it to be fixed, the Buddhist approach is one of openness, and attitude of ‘don’t know.’ ‘Don’t know’ allows for stillness, and stillness for wisdom. From this perspective, hope is not at all a future wish, but a depth of understanding that can transform past and future as well as lead to conscious action that shapes future events.”*

Joan Borysenko: *Fire in the Soul*

On Sunday you promise yourself to be faithful. This isn't a promise about religion – everyone, regardless of their religious belief or non-belief, needs faith: faith in oneself, faith in other people, faith in the future, and hopefully faith in things unseen. On the wall of my home office is a shadow box that's home to a delicate handmade paper angel. A dear friend gave it to me several days before she died of cancer, at much too young an age. During her last year on earth, her faith and her gratitude for the blessings of her life radiated outward like sunshine pouring through a stained glass window. She was a constant inspiration to her family, members of support groups she stayed with to the end, and many others, including me.

Ending your week with Sunday's Promise will remind you to be thankful for all that you have been blessed with. And if you live in the America of today, you have been blessed indeed.