

### **Biblical Quotation on Hope.**

The Lord your God is in your midst, a mighty one who will save; The Lord will rejoice over you with gladness; the Lord will quiet you by his love; the Lord will exult over you with loud singing.

Zephaniah 3:17

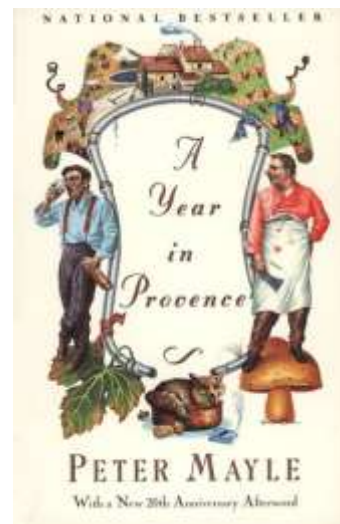
### **Image of the Week**



### **Book Suggestion.**

A Year in Provence by Peter Mayle, Vintage 1989

In this witty and warm-hearted account, Peter Mayle tells what it is like to realize a long-cherished dream and actually move into a 200-year-old stone farmhouse in the remote country of the Lubéron with his wife and two large dogs.



### **Hope Quotation**

“So don't be frightened, dear friend, if a sadness confronts you larger than any you have ever known, casting its shadow over all you do. You must think that something is happening within you, and remember that life has not forgotten you; it holds you in its hand and will not let you fall. Why would you want to exclude from your life any uneasiness, any pain, any depression, since you don't know what work they are accomplishing within you?”

– Rainer Maria Rilke, Letters to a Young Poet

### **(Classical) Musical Suggestion for the Quarantine**

Antonio Vivaldi. Concerto per Flautino (Recorder) RV 443

<https://www.youtube.com/watch?v=d2w7os9oSK4>

-as one of the comments for this says - Live happy, bow to the recorder. This is not how any of us played the recorder in public school!

### **Good New Story of the Week**

<https://www.goodnewsnetwork.org/historic-discovery-that-will-help-save-florida-reef-tract/>