

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

But everyone shall sit under his vine and under his fig tree, and no one shall make them afraid; for the mouth of the LORD of hosts has spoken.

Micah 4:4

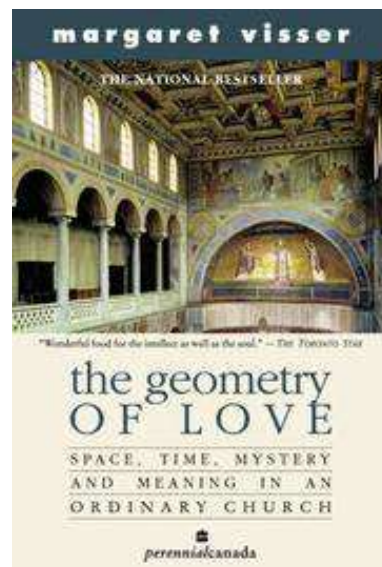
### **Image of the Week**



### **Book Suggestion.**

The Geometry of Love. Margaret Visser. Harper Perennial Canada, 2001

A Canadian anthropologist turns her critical eye on what a church might mean.



### **Hope Quotation**

Rivers do not drink their own water;  
trees do not eat their own fruit;  
the sun does not shine on itself and  
flowers do not spread their fragrance for themselves.  
Living for others is a rule of nature.  
We are all born to help each other.  
No matter how difficult it is....Life is good when you are happy;  
but much better when others are happy because of you.  
-Pope Francis

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

Exsultate, jubilate. Karl Jenkins

<https://www.youtube.com/watch?v=O3Be19wf8qk>

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

<https://www.bbc.com/news/uk-england-beds-bucks-herts-52333127>