

## Biblical Quotation on Patience

A cheerful heart is good medicine,  
but a crushed spirit dries up the bones.

*Proverbs 17:22*

## Image of the Week

Poppies make me happy!



## Book Suggestion.

“The Inconvenient Indian” - Thomas King

“We will never have true civilization  
until we have learned to recognize  
the rights of others.”



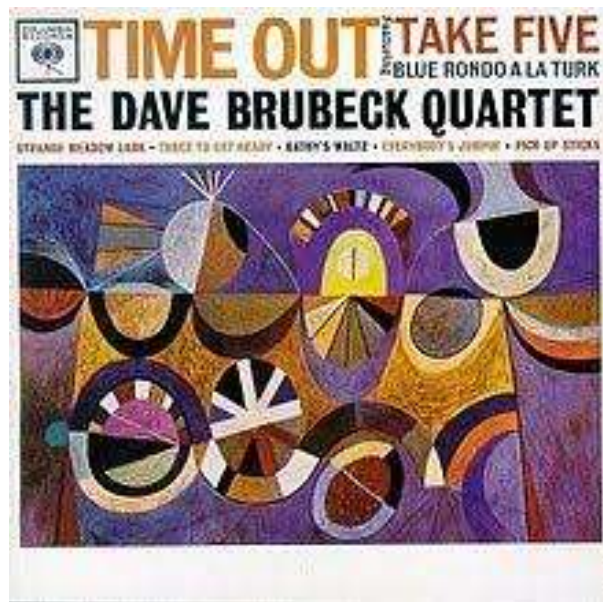
## Hope Quotation

“Man can live about forth days without food,  
about three days without water,  
about eight minutes without air...  
but only for one second without hope.”

*-Hal Lindsey*

## Jazz Musical Suggestion for the Quarantine

Take Five - Dave Brubeck Quartet



The whole album! All of it!

## Good New Story of the Week

<https://www.goodnewsnetwork.org/band-aid-announces-multi-cultural-bandages-in-dark-skin-tones/>