



Look for Harmony.

With March being Spiritual Wellness Month as well as the Lenten Season we are reminded to take the time to look for, and work towards – *harmony*.

Harmony, as all musicians know, is a pleasing arrangement of different parts. You get harmony when different notes are brought together so that one note enriches and complements another.

God wants the same for us - to work and live in harmony. From 1 Peter 3:8: "all of you, be of one mind; sympathetic, loving toward one another, compassionate, humble." Harmony is a necessary condition for the development, progress, fulfillment, happiness, and survival of both the individual and the group to which you belong.

Nancy Santamaria, MS, Hol.Spir., a member of Saint John Vianney Center's Spiritual Care Team, shares this poem from Joyce Rupp, OSM in a time when we want to look for harmony for the betterment of ourselves and others.

**All Encompassing Heart, where there is impatience, let me bring kindness.
Where there is strife, let me bring harmony. Where there is hurt, let me bring healing.
Where there is rigidity, let me bring openness. Where there is judgment, let me bring understanding.**

**O Wide and Spacious Love, turn me toward your unconditional acceptance.
I seek to be a vessel of your great love.
Let me carry your love into all parts of my life and pour it forth willingly and generously.** (Prayer Seeds, p.150)

*Joyce Rupp, OSM, is the author of numerous bestselling books, including **Praying Our Goodbyes, Open the Door, Fly While You Still Have Wings, and Prayer Seeds: A Gathering of Blessings, Reflections, and Poems for Spiritual Growth.***