



### **There is Hope**

We have all faced some challenging and uncertain times over the past couple years. Fear and anxiety have found their way into many of our lives, yet stories ring loud across our health system...stories of faith, of hope, of joy in the midst of these hard times. To anyone out there struggling to find their way, looking for that light in the darkness, reach out to a loved one or a trusted friend to talk to. Hope is a powerful gift and at times it can seem lost to us, but it is still there waiting to be found.

### **Blessing in the Chaos**

To all that is chaotic in you,  
let there come silence.

Let there be a calming of the clamoring,  
a stilling of the voices that have laid their claim on you,  
that have made their home in you,  
that go with you even to the holy places,  
but will not let you rest,  
will not let you hear your life with wholeness  
or feel the grace that fashioned you.

Let what distracts you cease.  
Let what divides you cease.  
Let there come an end to what diminishes and demeans,  
And let depart all that keeps you in its cage.

Let there be an opening into the quiet that lies beneath the chaos,  
Where you find the peace you did not think possible  
And see what shimmers within the storm.

Richardson, Jan. *The Cure for Sorrow: A Book of Blessings for Times of Grief*. Wanton Gospeller Press, 2016.

We are all human. We all need to lean on one another from time to time. It is brave to speak up and it is brave to ask for help when you need it. Keep shining your light!

**For any immediate need for help, please reach out to any of the following options:**

- **Humana EAP at 1-866-440-6556**
- **TN Statewide Crisis Line at 1-855-274-7471 or text 'Need Help' to 741741**

- Cindy Winterberger