"Say to those whose hearts are frightened: 'Be strong! Fear not!" Isaiah

I have been either in Hospital and or Rehab since Aug. 6, and am happy to be back home.

The words of Isaiah seem to appropriate for these troubled times.

Joyce Rupp in her newest book writes about ur inner core or tap root.

It is there where the Spirit dwells and gives us an inner strength.

In these days that inner coreis being tested. but since it is divine, it will not be quenched.

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