

# Chaplain Thoughts

## 2023-24



Prior to the prayer the chaplain can choose to use a thought from the following:

1. “We are all descended from noble, noble people who lived difficult lives, made difficult choices, and who paid a heavy price. We stand on their shoulders. All that we experience today is because of their sacrifices.” Kim Wilson
2. “Nobody is going to steal my joy.” Cory Booker
3. “Don’t let the music in you go unsung, the hug ungiven, the forgiveness unoffered.” Michelle Craig, inspirational speaker
4. Sheri Dew’s mother died shortly after she invited her to rest and thanked her for the countless times, she had put her children’s needs ahead of her own. “Grieving is a kind of enhanced gratitude,” Sheri Dew wrote.
5. “Love is the only answer to everything we’re doing.” Lionel Richie, musician
6. “There are lessons to be learned from history; hope to be derived from hardships faced by others.” Kristin Hannah, author
7. Tony Bennett lost many of his memories as he aged, but he still remembered the songs he sang. “Life is a gift, even with Alzheimer’s,” he said.
8. “If you feed the hungry from your own supply, then your light will rise like dawn out of darkness. God will be your guide and help in the wilderness.” Anonymous Utah pioneer
9. “Accept what is, and love what can be loved. After all, there is an awful lot of love in our stories.” Helen Freemont, author of *The Escape Artist*
10. “Eternal vigilance is the price of liberty.” Ida B. Wells, suffragette
11. “Diversity is beautiful and that includes the aging woman. I am stepping out in the world with strength, courage, and power while embracing every bit of my age.” Andie MacDowell, actor
12. After graduating from Stanford, John Owen was able to turn earlier experiences into a script which he sold. “Who would have known that my childhood trauma would pay off?” he joked.
13. “The happiest days that I know, and with all of the hardships and deprivations that we had, were those very happy days in Utah with my parents.” Ellis Reynolds Shipp, woman pioneer doctor in Utah
14. “Life is incredibly unfair in our favor. . . I have learned I can be heartbroken and happy in the same breath,” said Jenny Taylor about learning to take care of her large, young family alone after her husband was killed in Afghanistan.

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