



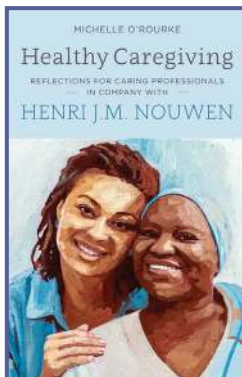
Courage for Caregivers Update

When we first thought about creating practical and spiritual resources for at-home and professional caregivers, we were certain this would be a needed and valued outreach. Now several years and **four exceptional publications** later, we are ready to move to the next stage.

The next step is to create a web portal that will allow caregivers access to an abundance of online resources – articles, podcasts, and videos – that will bless and encourage them. We are really excited about this next phase. Watch for more details!

Courage for Caregivers has been such an exciting, timely, and well-received initiative! Our thanks to Stronger Philanthropy and to all of you for helping us make it a reality.

➤ SEE OUR WEBSITE FOR DETAILS ON OUR SERIES OF CAREGIVING BOOKS.



Greetings from the Executive Director – Karen Pascal

Dear Friends,

I do hope and pray that you are sensing God's peace in the midst of what we have all been going through. As I write this, I am keenly aware that these are difficult days. I realize that you, a family member, friend, or colleague, may have come face to face with COVID-19. Whether you have experienced health challenges, financial loss, or isolation that results from the many restrictions on our daily lives, we are living in a changed world that none of us could have anticipated or predicted.

For those who find their lives turned upside down, it can be an anxious and fearful time. My heart breaks for everyone who has been so impacted. I feel powerless to offer anything other than what I know to be true and beneficial: Choose hope. As Henri Nouwen wrote in *Beloved*, "Jesus says, 'I have overcome the world. In the world you will always have trouble, but be of good cheer, I have overcome the world.' **That is precisely what hope is.**"

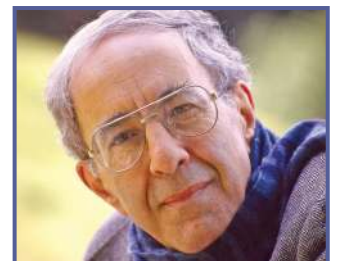
As we enter into a summer that's likely to be noticeably different from summers past, may God help us to see new opportunities to uncover hidden joy in every circumstance and in every relationship. Whether we return to "normal" or find ourselves adapting to a "new normal," know that God is still God.

Best wishes for a blessed and safe summer!

Karen Pascal
Executive Director



An Encouraging Word from Henri



"DEAR LORD, TODAY I THOUGHT OF THE WORDS OF VINCENT VAN GOGH: *'It is true there is an ebb and flow, but the sea remains the sea.'* You are the sea. Although I experience many ups and downs in my emotions and often feel great shifts and changes in my inner life, you remain the same... **O Lord, sea of love and goodness, let me not fear too much the storms and winds of my daily life, and let me know there is ebb and flow but the sea remains the sea. Amen.**" – A CRY FOR MERCY

Henri Nouwen and the Art of Living

Amidst the chaos and uncertainty of 2020, it's nice to be able to look ahead and know that things will not always be this way... Although we don't know what the future holds, we live in hope that life will continue and there will be countless ways to celebrate it!



One such way is to commemorate the 25th anniversary of Henri Nouwen's death by celebrating his life and legacy with a virtual conference called *Henri Nouwen and the Art of Living*.

For three days in 2021, you are invited to participate in this live-stream event from wherever you are in the world. *Henri Nouwen and the Art of Living* will be a truly global conference. We look forward to having you join us. We'll post details and updates on our website as we progress with the conference plans. Stay tuned!

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MISSED ANY OF OUR *NOW & THEN* PODCASTS? THEY'RE ALL AVAILABLE ON OUR **WEBSITE**
WWW.HENRINOOWEN.ORG

Facebook Blues

Those of you who follow us on Facebook (there are more than 60,000 who do!) will have noticed that our FB page has been inactive since early February. The page has been disabled and we have been unable to personally contact anyone at Facebook to help resolve the issue. But be assured, we are doing everything we can to get our page back!

In the meantime, you can still get your daily dose of Henri from our Daily Meditations and on Twitter and Instagram.



henrinouwen.org/resources/daily-meditation



[instagram.com/henrinouwensociety](https://www.instagram.com/henrinouwensociety)



twitter.com/nouwensociety



Sister Sue & the Order of Canada

Sr. Sue Mosteller was a close personal friend of Henri Nouwen during the ten years he lived at L'Arche Daybreak. When Henri died in 1996, Sr. Sue became the literary executrix of Henri Nouwen's literary estate and was instrumental in founding the Henri Nouwen Society.

We are delighted to share with you that Sr. Sue has been named as a recipient of the Order of Canada, one of the highest distinctions awarded on behalf of Queen Elizabeth to Canadians.

Over the years, Sr. Sue has remained intimately involved with our organization. She has been featured as a keynote speaker at many of our events and conferences, offered one-day retreats on our behalf, and helped shape and sustain the direction of the organization with her immeasurable wisdom and her prayers.

The award's citation reads: "For her dedication to improving the lives of people with intellectual disabilities, and for her decades of work as a leader of L'Arche."

Congratulations, Sr. Sue! We couldn't be prouder!

AUDIOBOOKS



Now Hear This

Like many people who have been confined to home during the past several months, you have likely binge-watched more TV series than you'll ever admit (but your Netflix account holds no secrets!) and you may have even gotten around to reading all those books you've been meaning to read since, well, since forever.

So now what...? Did you know there are dozens of titles by and about Henri Nouwen available as audiobook downloads? Audiobooks allow you to multi-task while stimulating your mind, exercising your body, and uplifting your spirit. Who knew that walking the dog, mowing the lawn, and taking out the trash could pay such rewarding dividends?! To get started, simply enter Henri Nouwen audiobooks into your favorite search engine. Enjoy!