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


2. "Do justice, love mercy, walk humbly," said Maya Moore on the day Jonathan Irons was released after being wrongfully imprisoned for 20 years. Maya had left the WNBA at her career high to become a dedicated activist for criminal reform.

3. About the caretaking of her husband, Alex, Jean said, "When I keep my own self buoyed and enjoying life, I can share that with him. He can look at me and think life is beautiful." Jean Trebeck

4. "We can all resist the excuses that guard us from giving love. Whatever power you have, the most lasting way to steward that power is by lifting others up." Naomi Osaka

5. What grief taught me, "If the trees can dance, so can I," said a poetic pilgrim during COVID 19 pandemic.

6. "I will be the first, but I won't be the last. That's about creating a pathway...leaving the door more open than it was when you walked in." Kamala Harris said her mother taught her this.

7. "We have an empathy crisis. . . .We're seeing so much tribalism. Yes, we're going to disagree with things and that's okay. It's healthy to disagree. It's not healthy to have contempt." Abby Cox

8. Upon her 100th birthday anniversary, Olivia de Havilland expressed only one regret: that she "had never finished college."

9. "Spirituality is a very personal thing for each person. [The kidnapper] did his best to ruin mine, but I find hope and forgiveness in riding horses...No matter what you look like...they always love you." Jaycee Dugard after being held captive for 18 years.

10. Anne Frank's friend said, "I've slept in 12 different places during hiding and my lesson is: Good people can be found everywhere." Albert Gomes de Mesquit, holocaust survivor.

11. "Our undoing has the capacity to be our becoming." Terry Tempest Williams

12. "It is love that will save our civilization, even love for our enemies." Martin Luther King

13. Governor Spencer Cox quoted an old cowboy who told him, "Hard times don't have to be bad ones."

Marilynn Cox
ISDUP Chaplain