



**Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others.  
Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.**

— Parker Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*

Wishing you joy and good health,  
Mary Bohlen RN  
SJParishNurse@comcast.net