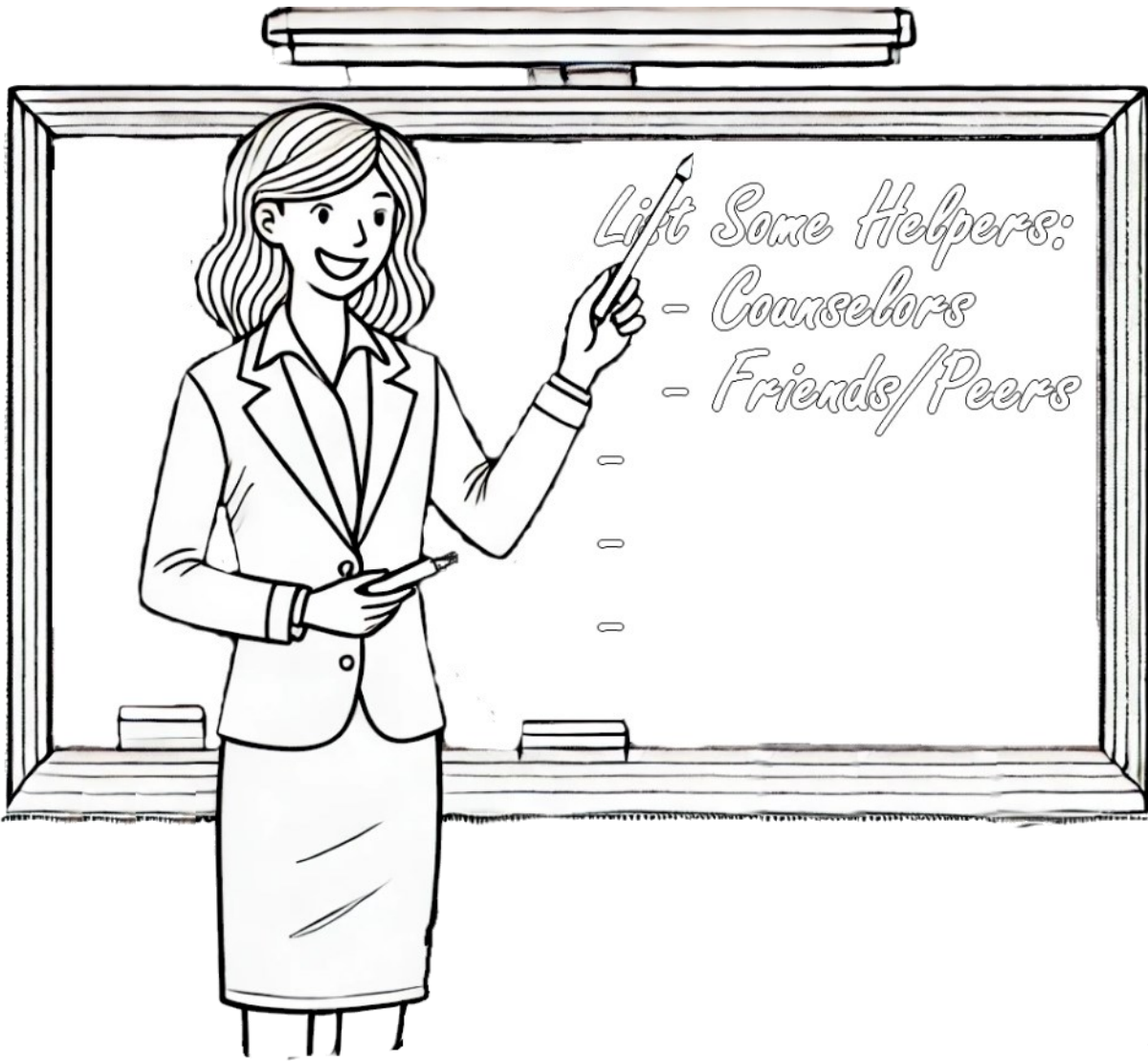


# Appreciate Helpers



*"I am with you always" (Matthew 28:20)*

**FOR TODAY:** Helpers appear in many forms - the maintenance person fixing a heater, the receptionist's smile, the nurse who listens, the stranger holding a door. Sometimes help is obvious, sometimes subtle. Today, let's notice these helpers. Their presence reminds us we're not alone. Even on hard days, someone is working to make things better. When we acknowledge helpers, we strengthen our connection to the web of care around us.

→ **Reflection:** Who are the quiet helpers in your daily life?

**SACRED MOMENTS:** Jesus's promise to be "with us always" comes to life through people who help us. God works through many hands - caregivers, kind strangers, and everyday heroes. When the disciples faced uncertainty, Jesus assured them they wouldn't be alone. That promise shows through those who choose to help others. Each helper becomes a channel of God's presence.

→ **Practice:** When you encounter someone helping today, pause to whisper "Thank you" and remember that God's Holy Presence often wears human faces.