



LOVE

joy



Delight!



 **Bon
Secours**
Sisters of Bon Secours, U.S.A.

welcome!

It seems to us that there are few things in life that fill our hearts with light more than sharing deep laughter with others. We live in a world with many needs—but the one that stands out is the need for delight. Our God is filled with love, joy and delight. God is delighting in you this very moment!

We hope you enjoy the following quotes and activities as much as we do. ☀️

—sisters of Bon secours





There is a
music
of heaven
in all things.

Hildegard of Bingen

There is a music of heaven in all things.
Hildegard of Bingen

FILL IN THE LINES BELOW WITH TITLES OF
YOUR FAVORITE SONGS.

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Joy IS THE EXPERIENCE OF KNOWING YOU ARE TRULY LOVED

A watercolor illustration of a person with long hair, wearing a vibrant red dress, running or dancing joyfully. They are surrounded by several orange birds in flight. A trail of small red flowers follows behind them. The background is white with soft pink and orange washes. The entire illustration is framed by a torn paper edge at the bottom.

Henry Nouwen

Joy is the experience of knowing you are truly loved.
Henry Nouwen

GATHER 3 OR 4 PEOPLE FOR A GROUP HUG

FOR THE SHEER *Joy* OF A BEAR HUG!



THE SHORTEST DISTANCE
BETWEEN TWO PEOPLE



IS
L A U G H T E R

Victor Borge

The shortest distance between two people is laughter.
Victor Borge

WHAT MAKES YOU LAUGH?

WHAT DID
THE SNAIL SAY
RIDING ON
THE BACK OF
THE TURTLE?



An illustration of a person with long, flowing purple hair reaching their arms up towards a sky filled with stars. The person is positioned on the right side of the frame, with their arms extended towards the top center. The sky is a gradient of light blue and white, with numerous stars in yellow, orange, green, and white. The stars are scattered across the sky, with some appearing larger and more prominent than others. The overall mood is one of aspiration and wonder.

Angels can fly because they take themselves lightly.

G. K. Chesterton

Angels can fly because they take themselves lightly.
GK Chesterton

IF YOU WERE AN ANGEL,
WHERE WOULD YOU FLY TO?

Make paper airplanes and send your answers flying!



Walk

as if you are kissing the Earth with your feet.



Thick N'at Hank

Walk as if you are kissing the Earth with your feet.
Thich Nhat Hanh

Walk BARFOOT ON A
WET SANDY BEACH
OR ON FRESHLY MOWN GRASS
BREATHING IN THE RICHNESS
OF GOD'S EARTH.





IF

THE ONLY PRAYER YOU SAID IN
YOUR WHOLE LIFE WAS
'THANK YOU',
THAT WOULD SUFFICE.

Thank you
Lord

Meister Eckhart

If the only prayer you said in your whole life was 'thank you',
that would suffice. Meister Eckhart

WRITE A **THANK YOU** LETTER BELOW
AND SHARE IT.



It is cheerful to God



When you rejoice or laugh from
the bottom of your heart.

Martin Luther King, Jr.

It is cheerful to God when you rejoice or laugh from the bottom of your heart.
Martin Luther King, Jr.

WHEN WAS THE LAST TIME YOU LAUGHED
heartily?

SHARE A LAUGH WITH A FRIEND...



THERE ARE TWO WAYS
OF SPREADING



TO BE THE CANDLE OR THE
MIRROR THAT REFLECTS IT.

Edith Wharton

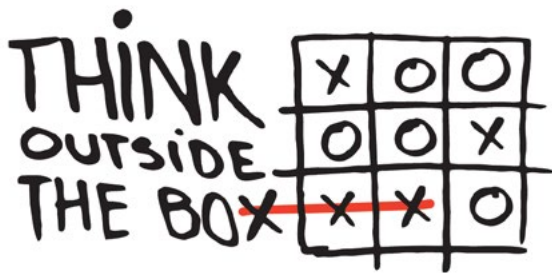
There are two ways of spreading light: to be the candle or the mirror that reflects it. Edith Wharton

RADIATE

LOVE AND SHARE YOUR LOVE WITH SOMEONE ELSE.



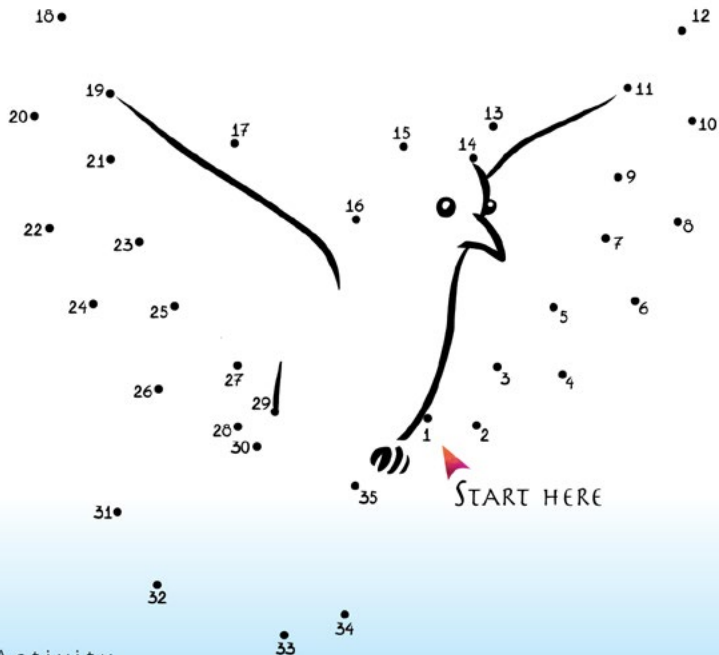
I, God, am your **playmate!**
I will lead the child in you in wonderful ways...



Hearts of Magdeburg

I, God, am your playmate! I will lead the child in you in wonderful ways...
Mechtild of Magdeburg

CONNECT THE DOTS AND **play** A LITTLE!



God saw all that
He had made, and
found it very GOOD.



Genesis 1:31

God saw all that He had made, and found it very good.
Genesis 1:31

EXPRESS YOUR LOVE FOR **God's creation** ON THIS COLORING PAGE.



God's creation is our treasure



The Sisters of Bon Secours share moments that delight them.

Neon color dragonflies
floating at river edges

Dew on the grass at the
break of the dawn

New furry ducklings bobbing
and dunking

Playful soft puppies and
cuddly new kittens

our god fills our hearts
with LOVE

Bright yellow tulips and soft
newborn babies

Waves crashing inland on
craggy rock beaches

Fluttering hummingbirds and
speckled butterflies

Twelve eyed caterpillars on
six legs a-marching

our god brings us JOY

Friends belly laughing

Kites lifting skyward

Children squealing with each
ocean wave breaking

Bear hugs that make me smile

our god DELIGHTS in us





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Love Joy Delight



Share God's love each day!



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