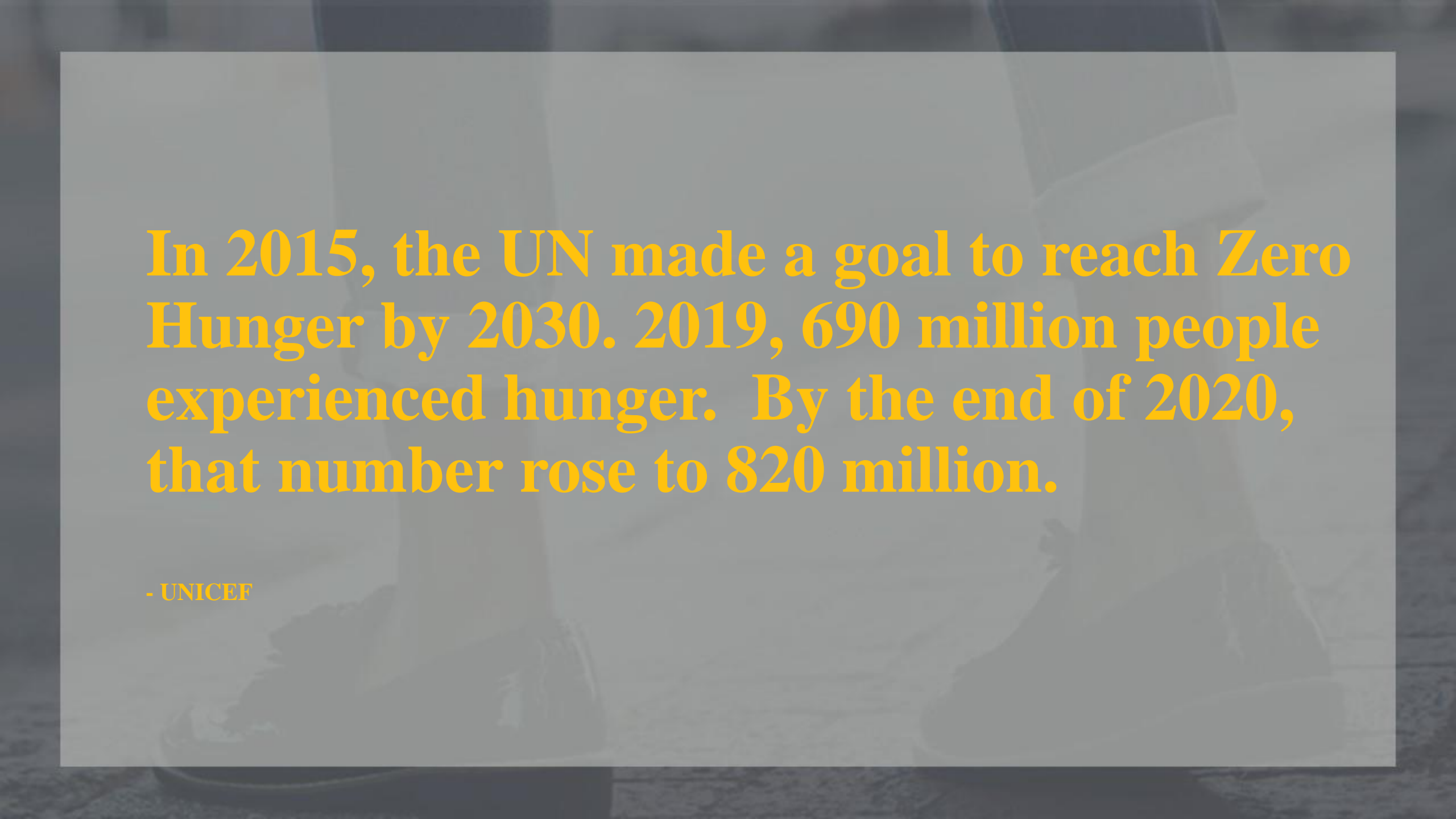


A woman is walking on a city sidewalk during the golden hour of sunset. She is wearing blue denim jeans with the cuffs rolled up and black patent leather loafers. She is carrying a black leather tote bag. The background shows a city street with buildings and cars, all slightly out of focus. The text 'Carry On' is overlaid on the image in a large, white, cursive font with a yellow drop shadow.

*Carry
On*



In 2015, the UN made a goal to reach Zero Hunger by 2030. 2019, 690 million people experienced hunger. By the end of 2020, that number rose to 820 million.

- UNICEF

Romans 5:3-4

“Not only this, but we also rejoice in our sufferings, knowing that suffering produces perseverance; and perseverance, proven character; and proven character, HOPE.”



Relationships Matter

What do you need to do today to build relationships?

What can you do this week to build a relationship with someone different than you?

Who needs you to “show up”?



Compassion

A tangible expression of love for those who are suffering.

Compassion is not just an awareness of another person's suffering. It moves beyond a simple desire to reduce suffering. A compassionate person recognizes the suffering of others and then takes action to help.

- https://www.youtube.com/watch?v=OnZfRh_7tzw

MUSO

Mutual Solidarity

It's just as important to receive as it is to give.



“Previously many people have said that it **takes** about **21 days** to form a new **habit**. ... According to Phillippa Lally; a health psychology researcher at University College London, a new **habit** usually **takes** a little more than 2 months — **66 days** to be exact — and as much as **254 days** until it's fully **formed**.”

Liminal Space

It is a place of transition, not knowing, and a season of waiting. It's a common or shared space that might make one feel uneasy or a feeling of something being "off".

Tik tok

https://www.tiktok.com/@mrmc699.ciaran/video/6939593819876887814?is_from_webapp=v1&is_copy_url=1&fbclid=IwAR3rZSI385QYhsh0TSWBJLe0fuQSBexY3fkCLRmH3yVppDbXmbLuG5JCqdl

Carry On

- Build relationships with people different from yourself
- Exercise compassion
- Create opportunities to place yourself in liminal space
- Buy things with intentionality – not only for the receiver if it's a gift, but the seller- who are your supporting with your purchase?
- Create goals
 - Daily, weekly, BHAG
- Use your Talents