

# Bishop Anderson House

## April Affirmation Calendar

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 I embrace new beginnings and the hope that organ donation represents for so many	2 I am filled with the strength to support others while nurturing my own spirit	3 Every conversation I have has the potential to sow seeds of hope and understanding	4 I trust in the journey of healing and the organ transplant process that sustains life	5 I am a beacon of support and compassion for those facing life's most profound challenges	6 My presence brings calm and assurance to those in the midst of decision and change
7 I celebrate the courage of organ donors and their families who give the gift of hope	8 Today, I honor the sacredness of life and the selfless acts that organ donors perform	9 I am a vessel of support, helping families navigate the emotional journey of organ donation	10 With every breath I take, I am grateful for the lives saved through organ transplantation	11 I advocate for the health and well-being of black mothers and their families	12 I respect the resilience of black mothers and commit to learning and sharing their stories	13 Today, I spread awareness about the importance of maternal health equity
14 I am dedicated to understanding the unique experiences of black mothers	15 I stand in solidarity with black mothers, putting forth empathy, action, and hope	16 My actions today contribute to a future where black maternal health is a priority for all	17 I reflect on what I have learned during Black Maternal Health Week and commit to long-term change	18 I renew my commitment to be a source of comfort and counsel without judgment	19 I honor the interconnectedness of all lives and the ripple effect of every organ donation	20 I give thanks for the strength and serenity to accompany those waiting for transplants
21 I uphold the dignity of every person I encounter in the sacred work of spiritual care	22 (Earth Day): I appreciate the miraculous nature of our existence and the preciousness of life	23 My work helps to weave a tapestry of compassion and awareness in healthcare	24 I am mindful of my own needs while selflessly attending to the needs of others	25 My heart is open to giving and receiving love in the vast cycle of life	26 I give myself permission to pause and reflect on the depth of my work	27 I am proud of the resilience I carry with me into each new day
28 Through my support someone may find the strength to choose organ donation today	29 I surround those in distress with an aura of peace and understanding	30 I close this month with a heart full of gratitude for the lives saved and touched by acts of giving				