

## A.R.E./Glad Helpers' International Prayer List



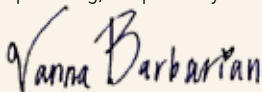
SEPTEMBER 2024

Dear Prayer Healing Friends,

Going into this season of harvest, I hope you're reminded that abundance is limitless! Gather all the love that you have been cultivating throughout the year and share it with the world! The flower of September is the Morning Glory, whose blossoms only last for a day, making us aware that each day is precious and we must not let the beauty pass us by.

This is a wonderful time to reflect on what seeds we have sown up until now. What are we now reaping? Mr. Cayce reminds us in the readings that thoughts are deeds and mind is the builder. What is the result now in our physical? Let's analyze our relationships, to see if they are building us up, pushing us towards our highest good, or nurturing love within us. If we're not happy with the answers we receive when thinking on these questions, we're in luck—there is no time like the present to make the right changes.

Here is a reminder to be gentle with ourselves in this process. No matter our age, we are all still growing and working on ourselves. If we didn't need "polishing," we probably wouldn't be here at this time.



Savanna Barbarian  
Prayer and Meditation Services

### Transforming Condemnation into Caring Savanna Barbarian

How well do we know ourselves? Do we spend time deeply and intimately caring for our needs when we recognize them, the same way we would for a friend, a loved one, or a child? We are ever-evolving human beings. Time spent alone is imperative to our connection with others.

This reminds me of a recent conversation with a mother of three young children. She called the A.R.E. to ask for prayer and confided that she felt she had "lost" herself. She identified primarily as a mom and didn't know what else she could be. As a stay-at-home parent homeschooling her kids, she had almost no time for herself, with her responsibilities: laundry, cooking, schooling, music classes, and dance lessons. It was no wonder she felt she

had no time to care for herself. Many of us find ourselves lost in the cycles and movement of life, but this young mother provided a wonderful example of how we can find that connection once again.

First, she decided to make time in her busy schedule for herself. We sent her a copy of *A Search for God* Book 1. She responded "The second lesson, *Know Thyself*, showed me what I had long forgotten. This book reawakened something lost in me." She next made time to attend an evening A.R.E. study group after her children were in bed, and created a daily meditation time that sometimes includes her kids. She keeps a prayer list, and regularly talks to God.

No matter our duties and responsibilities in the

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