

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



FEBRUARY 2025

### Dear Prayer and Healing Friends,

Welcome to the season of love—a time we can all cherish. Much of the collective consciousness is aware of this spirit of love. Around 59 percent of the global population celebrates Valentine's Day, so over half of the world is making an effort to create the state of love! There are those who say, "One should not need a holiday or one day out of the year to show their love to someone else." Maybe so, but it is a time when the spirit of love overflows and we can attune to that spirit and resolve to take it with us and practice it every single day of the remaining year.

The spirit of love is not merely a box of chocolates, a bouquet of flowers, or a teddy bear, but rather it is a crystallization of the highest spirit. People of all kinds are celebrating with their friends, families, or beloveds. Do something nice for yourself. Run yourself a hot bath, treat yourself to a special dinner, or give yourself a gift you've been wanting.

For this holiday, remember to spend time with yourself, giving yourself the love you deserve to have all year round. Reach out to a shut-in, a neighbor, a coworker, a friend. Finally, give all the honor and praise to God the Father, whose love created the universe.

*Savanna Barbarian*  
Savanna Barbarian  
Prayer and Meditation Services

### The Season of Love Savanna Barbarian

The Valentine's Day holiday can be a wonderful time to examine our emotions within ourselves and in our relationships with others. Today we see Valentine's Day mostly as a time for loving partners to express their love, but it did not become a romantic holiday until around the 14th century. Believed to have begun around the 5th century, the holiday's name comes from St. Valentine, a clergyman in the Roman Empire who ministered to persecuted Christians. He was buried on February 14. During the 8th century, the "Feast of Saint Valentine" was observed.

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On March 15, 1939, a little past Valentine's Day, Mr. Cayce gave reading 281-40 to the Glad Helpers group, offering guidance and counsel.

"Know . . . ye have been chosen for a definite, purposeful work."

We each have a mission in life, and we continually seek to understand how we can best serve. It might feel like a never-ending road that we may never fully figure out, but it becomes our job to see the beauty in every moment. " . . . Each of you have had your fears, your doubts, your uprisings, your downittings—yet in giving ye find rest and PEACE and comfort as He alone can give."\*

This quote reminds us of the necessity of faith in the Divine plan. How much of our time could be salvaged, how much of our mental stress could be spared if we just put our concerns in the Hands of the Creator?

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