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### Prayers for my Friend's Healing

Dear God, I have a friend who's now in pain. This is a difficult time for his/her life, so I ask You to be with him/her. Show him/her Your mercy and send forth Your healing hands to him/her. I know, Lord, that no disease is ever too much for You to heal. You shall allow no affliction, whether physical, mental, or emotional, to stay with us forever. I trust in You, God, and Your mighty power to restore my friend's body and mind back to normal. Thank You also for blessing my friend with skilled doctors to help him/her on his road to recovery. Thank You for giving them intelligent minds and compassionate hearts to serve my friend during his/her time of illness. Continue to anoint them with Your wisdom, God, that they may provide correct diagnoses and prescribe the right medicine. We continue to trust in Your timing, Father God. Continue to work Your restoration through his/her body. Renew his/her strength soon that he/she may continue to serve You and share Your love with the people around him/her. All these we ask in Your Name, Amen

### "Beacon of Light"

Of the Quarter

We Honor

Ms. Dana Denise Ward



Wonderful & Beautifully Made!

a sister, mother, aunt, grandmother, & friend

Many of her co-workers described her as one of a kind, larger than life, pure joy to be acquainted with. Her family knew her as the one with the smiles that lit up the room. The one to get the grill out to get the party started for all to enjoy. She was a God fearing woman who loved life to the fullest and she had a deep devotion to family.  
Rest In Peace!

From our Founder—Vernitta Rose Love

BNRAC is a health & well-being service support organization that offers assistance to women facing health issues related to the various forms of cancer. This is important because women from all walks of life are faced with similar challenges such as, depression, uncertainty, anxiety, financial struggle, and divorce when dealing with cancer. BNRAC recognizes a need to assist in easing these burdens women face

### Words of Inspiration

THE MOST IMPORTANT QUESTION I NEED  
TO ASK MYSELF  
FACE IS, "HOW CAN I MAKE LIFE MORE  
WONDERFUL FOR MYSELF AND OTHERS?"

"When you talk, you are only repeating what you already know.  
But if you listen, you may learn something new." - Dalai Lama

### September is Friendship Month

#### Four Fabulous Ways to Celebrate Your Friends

Let's love on our friends! Here are themes to help you start thinking about how you can rekindle, celebrate and create friendships this month & in the future.

Plan a get-together with local friends: Schedule a ZOOM brunch or dinner party and invite your friends.

Reconnect with long-lost pals: Maybe decide to call one every Sunday this month.

Make new friends: The average person replaces half her friends every seven years

Affirm those who love you well: We have fun with our friends. We cry on their shoulders. We whine about life. We encourage each other

Sister  
Sister

### UPCOMING BNRAC EVENTS:

- Jul— Golden Hands Fundraiser
- Aug—Jazz & BBQ Fundraiser
- Sept—USO Support the Troops
- Oct— Mask-up-rade Fundraiser

