



# WORDS OF INSPIRATION

## Finding Hope

I love this quote because it expresses a universal truth – that we don't know how strong and resilient we can be when the water is calm and the breeze is light. But rather, it's in the storms of life that we find new strength, new courage, new wisdom. When we emerge, we find ourselves changed for the better: more confident, more trusting, more thankful, more prepared to face whatever comes next!

Chaplain David Cotton  
Jersey Shore University Medical Center

*“And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.”*  
– Haruki Murakami

