

Women of Faith Resources: August 2020



<http://www.austendooley.com/team-members/august-birthdays-at-adc-2/>

August Quotes

taken from *2020: A Book of Grace-Filled Days* by Amy Welborn

“Jesus teaches us to reach out, to love boldly, to sacrifice, and to be light and salt for the earth. He also teaches us to let go.” (p. 248)

“The Lord lives. He is present. He guides and comforts. In the face of loss and limitations, questions and worry, hold on and listen to the promise.” (p. 252)

“... I live in the age of my own life and experience, which can be a very narrow, limiting place. In prayer, that narrowness of my own age – my tunnel vision – is transformed by the mind of Christ ...” (p. 274)

Featured Day: August 13, Left-Handers Day

This is the RIGHT day to celebrate your left-handedness. Today, there are many more “things” for “lefties” than there were some decades ago: scissors, desks, coffee mugs, even notebooks. If you are left-handed, you are in good company: Angelina Jolie, Prince William, President Obama, Jerry Seinfeld, Bill Clinton, Lady Gaga, Jay Leno, Dale Earnhardt Jr., and many other well-known and successful people are left-handed! By the way, Sr. Yvette would probably have been totally left-handed except that the Sisters at school took care of that! (They must not have known they could have destroyed her lateral dominance by changing her to right-handedness ... At least, that is a good excuse for some of her deficiencies!)

Some Practices or facts of left/right handedness:

If you are right-handed use your left hand; if you are left-handed, use your right hand as you carry out some of the practices below:

- If you're right-handed, try writing or coloring with your left hand or vice-versa.
- If you're left-handed, try brushing your teeth with your right hand or vice-versa.
- Iron with board & iron reversed – adults & older children only!
- Place the computer mouse on the left of the keyboard and try to draw a shape on screen, or attempt clicking and dragging. (We usually have to do this with our right hand as the mouse is shared, and always set up for right-handed users.)
- Draw or write in a ring binder or spiral bound notepad with your left hand – you will experience that the binding hurts the wrist.
- When eating & drinking, reverse the cutlery and pick up a drink with the left hand.
- If you have a left handed guitar, give lessons to the right-handers; or, vice-versa.
- Make left-handedness feel like a blessing instead of a curse, treating it as one thing that makes a person distinct.
- Do you know that left-handed people are generally artistic, creative, imaginative, and think out of the box?
- Do you know that approximately 10% of all humans are left-handed, but, 50% of CATS are left handed?

Scripture Quotes

Every one of us is unique. It matters not if we are left handed or right handed. As you pray, thank God for who you are.

Psalm 139:13-14 *You alone created my inner being. You knitted me together inside my mother. I will give thanks to You, O God, because I have been so amazingly and miraculously made. Your works are miraculous, and my soul is fully aware of this.*

Isaiah 64:8 *But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.*

Ephesians 2:10 *For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

Spiritual Reading

The following essays, articles, and quotes can nurture our sense of left-handedness as special and, YES, as spiritual. You are invited to prayerfully reflect on the contents as you read.

[Aug. 13 is International, Left-Handers Day](#), an editorial by Colleen Smith in the Islands' Sounder, July 30th, 2020. This editorial presents the uniqueness and the challenges of being left-handed in a right-handed world.

[At last, the Benefits of Being Left-handed Are Confirmed](#) by Alex Hern, The Guardian, September 5, 2019. This article explores some concrete effects of left handedness in one's life.

[15 Things You Never Knew about Left-Handed People](#) by Judy Koutsky in Reader's Digest and updated: Nov. 07, 2019. To consider traits, facts, and essential trivia about left-handed people,

Music for Lefthander's Day

[Lefty's Lament](#) - Lefty's Lament is a song about the ups and downs of being left-handed, written and performed for International Left Handers Day.

[Left Handers Day - Kiss From A Rose](#) by Seal

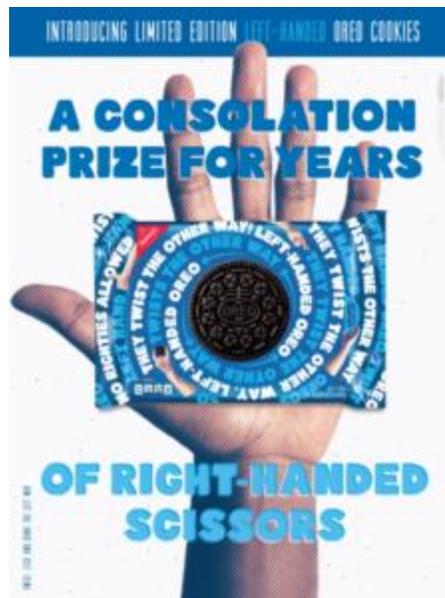
[Happy Classical Music](#) - Uplifting, Inspiring & Motivational Classical Music for A celebration of Left Handers' or Right Handers', for who we have been created to be.

Art for Left Handers' Day



(<https://nationaldaycalendar.com/international-left-handers-day-august-13/>)

See what I can do? Can you remember when you first learned which hand was your comfortable choice? Let images of how you use your hands flow through your mind's eye, through your spirit, and through your heart.



(<https://www.thedrum.com/creative-works/project/oreo-oreo-left-handers-day>)

Left-handed Oreos? If you are left-handed or know someone who is, what are the ways she/he must accommodate to a right-handed world? Say a special prayer for your left-handed relative or friend.



(<https://indianexpress.com/article/lifestyle/life-style/international-left-handers-day-5302018/>)

Aristotle, Mozart, Leonardo DaVinci, Michelangelo, and Marie Curie were lefties. So are Oprah Winfrey, Bill Gates, Barack Obama, Caroline Kennedy, Desmond Tutu, Ruth Bader Ginsburg, and Neil Armstrong. Also, Joan of Arc, Julia Roberts, Kermit the Frog, Garfield, and Lewis Carroll. You might know of other “famous lefties.” Reflect on the “lefties” you know to understand and appreciate lefties.

Websites for Lefthanders’ Day

The [official National Lefthanders’ Day site](#)

[LeftyFretz.com](#) raises awareness of left-handedness in a right-handed centric world.



(<https://leftyfretz.com/international-left-handed-day/>)

We stand together near or from afar. We continue to be masked and/or quarantined. Gathered here, online, as Women of Faith, we continue to celebrate all health care workers and we pray for all persons who have died from the coronavirus.

Resources compiled by Sr. Yvette Bellerose, SSA