

# Trust

*To have assured reliance or firm belief in the character, ability, strength or truth of someone or something. To hope confidently; to believe.*

Nano often spoke of herself as beginning in a small humble manner. Despite enormous obstacles, she gave herself totally to God trusting that the work was God's work. May we, too, be women and men of welcoming hearts, whose words and actions continue to speak the language of the heart each day.

## EXPERIENCE

Nano saw the great needs of her time and trusted that the providence of God would sustain her in her efforts.

## SEE

In her many hours in prayer, Nano learned to trust that the call of the spirit of God was acting on her own spirit. We, too, invite the Spirit of God to embolden us.

## ACTIV N

*Walking in Nano's footsteps, we are invited to trust that our small everyday activities ripple beyond ourselves. Everything we do has a global effect.*

- Heal and nurture your relationship with yourself.
- Visit the sick in a nursing home.
- Increase your daily physical activity by going for a walk and enjoying the outdoors.
- Find five things that bring you joy in life and celebrate them.
- Educate yourself and dialogue with others about mental health issues.
- Visit the lonely and be there for those who need a helping hand.
- Advocate for the continued support of free healthcare clinics in your local area.

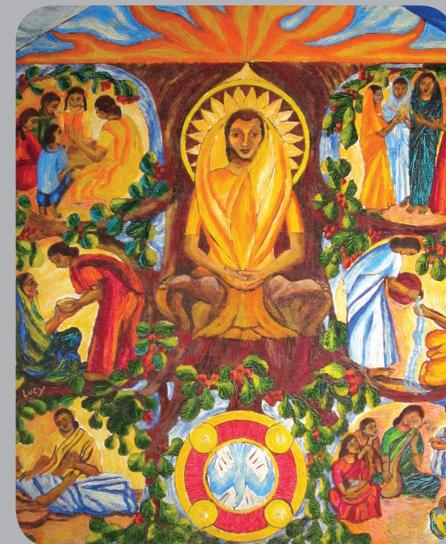


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## GLOBAL GOAL

*We, Presentation people, commit to respond to the cry of Earth and to people made poor by embracing the Sustainable Development Goals, providing us a plan of action for living the values of Nano's life.*



### GOOD HEALTH & WELL-BEING

Ensure healthy lives and promote well-being for all at all ages.

Good health includes a wide range of global health challenges, from tuberculosis and AIDS to traffic accidents and alcoholism. It also calls for achieving universal health coverage. With 800,000 suicides occurring worldwide in 2015, more and better mental health resources are imperative.

*Do we believe that our actions on behalf of those who are suffering from various illnesses will bring about change?*

**How did Nano accomplish so much without an outline, without a budget? The need was so great and she was so small that God planted the trust and creativity that empowered her to go beyond the limitations of church and state. She went to meet the poor and lost who longed to see the light. Nano's inner freedom held a silent strength that liberated her.**

