

**JOIN  
THE  
FIGHT  
AGAINST  
IBD**





## S' COACH

"Dear IBD patients, as some people write better words than me, I would like to share those two extracts with you... Please never loose your thread and your light!"

*There is a thread you follow.  
It goes among things that change.  
But it doesn't change.  
People wonder about what things you are pursuing.  
You have to explain about the thread.  
But it is hard for others to see.  
While you hold it you can't get lost.  
Tragedies happen,  
People get hurt or die,  
And you suffer and get old.  
Nothing you do can stop time's unfolding.  
But you don't ever let go of the thread."*

*"The Thread" by William Stafford*

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."*

*"Return to love " by Marianne Williamson*