



IT'S IN THE VALLEY I GROW

By Mary Ann Collett

Many of you know and have been praying for my recovery after another fall and a shoulder replacement. I am still in recovery and thank all of you for your love and continued prayers. Hope to see everyone soon as things continue to open up!

I recently received this reflection below in a card and note mailed to me by a Prayer Warrior named Joan. She met me at a CWOZ Chapter 3 Retreat Day at St. Andrews in Westfield, NJ. and her ministry is to send out well wishes to people in need of prayer. I was truly touched by and very grateful for this reflection and would like to share it with you:

Sometimes life seems hard to bear

Full of sorrow, trouble and woe,

It's then I have to remember,

That it's in the valley I grow.

If I always stayed on the mountain top,

*And never experienced pain,
I would never appreciate God's love,
And would be living in vain.*

*I have so much to learn,
And my growth is very slow,
Sometimes I need the mountain tops,
But it's in the valley I grow.*

*I do not always understand,
Why things happen as they do,
But I am very sure of one thing,
My Lord will see me through.*

*My little valleys are nothing,
When I picture Christ on the cross,
He went through the valley of death,
His victory was Satan's loss.*

*Forgive me Lord, for complaining,
When I'm feeling very low,
Just give me a gentle reminder,
That it's in the valley I grow.*

*Continue to strengthen me Lord,
And use my life each day,
To share your love with others,
And help them find their way.*

*Thank you for the valleys Lord,
For this one thing I know,
The mountain tops are glorious,
But it's in the valleys I grow!*

By Tracy Mayfield



Mary Ann Collett is the proud mother of 3 married daughters and 7 grandchildren. She is an inspiring and dynamic Catholic Lay Evangelist; whose gift is to intertwine Scripture and personal stories. Mary Ann Collett, MSW, MA, CLEM, LLC, is a *Bereavement Counselor, Life Coach, Pastoral Care, Spiritual Director, Support Groups, Speaker for Retreats and Workshops*. She is in private practice in Red Bank. Mary Ann has been in the Healing Ministry for over 36 years. She is the co-founder of the thriving ministry Catholic Women of Zion celebrating their 32st year in 2021. She has traveled nationally and internationally to spread the message of the Kingdom of God through the power of the Holy Spirit.