



daily GOOD

The work I do to let go of my suffering diminishes the suffering of the whole universe. When I have room for my own pain, I have room for the pain of others. Only then can I be transformed into joy. As I heal, the Earth heals. --Christiane Northrup

World's Largest Floating Hospital

The world's largest non-governmental hospital ship, the Africa Mercy, began her inaugural sail this past weekend and is expected to make her way to war-torn Liberia by the end of the month. The newest Mercy Ship, an elegantly converted rail ferry, departed the port of Blyth UK and set sail for Monrovia, May 8. Over 400 volunteer crew will take part in the hospital ship's first field service in Africa providing free medical care, capacity building, relief aid and community development programs to the people of Liberia. The projected surgical capacity onboard the Africa Mercy is approximately 7,000 operations per year including, cataract removal/lens implant, tumor removal, cleft lip and palate reconstruction, orthopaedics and obstetric fistula repair.

Be The Change:

Consider your own points of suffering and how you can begin to transform them.