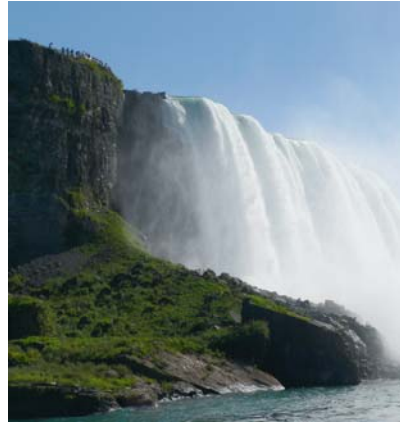


## PATIENCE AND HOPE

Pain is never permanent. St Teresa of Avila

Never give in, never,  
never, never, never, in  
nothing great or small,  
large or petty, never give  
in except to convictions  
of honor and good  
sense. Never yield to  
force, never yield to the  
apparently overwhelm-  
ing might of the enemy.



Winston Churchill

How poor are they that have not patience!  
What wound did ever heal but by degrees?

William Shakespeare

He gives power to the faint, and strengthens  
the powerless. <sup>30</sup> Even  
youths will faint and be  
weary, and the young  
will fall exhausted; <sup>31</sup>  
but those who wait for  
the LORD shall renew  
their strength, they  
shall mount up with  
wings like eagles, they shall run and not be  
weary, they shall walk and not faint.



Isaiah 40: 29

We must accept finite disappointment, but never lose infinite hope.

Martin Luther King, Jr.



Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4: 6

Seek not to understand that you may believe, but believe that you may understand.

St. Augustine

Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved.

Helen Keller

Seek help with patient perseverance and prayer, for God is with those who patiently persevere.

Qur'an 2:153

Never discourage anyone who continually makes progress, no matter how slow.

Plato

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

John 3:16

The LORD is my shepherd; I shall not want.  
<sup>2</sup> He maketh me to lie down in green<sup>a</sup> pastures: he leadeth me beside the still waters.



<sup>3</sup> He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. <sup>4</sup> Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. <sup>5</sup> Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. <sup>6</sup> Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

#### PSALM 23

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.



Henri Nouwen

We are always on the anvil; by trials God is shaping us for higher things.

Henry Ward Beech

Strength does not come from physical capacity. It comes from an indomitable will.

Mahatma Gandhi

May the road rise to meet you, may the wind be always at your back



May the sun shine warm upon your face, and rains fall soft upon your fields, and until we meet again, May God hold you in the hollow of His hand.

Old Irish Blessing

I hope that these messages from the Bible and Quotations of thoughtful people will encourage you to be patient with your healing progress, fill you with hope for complete recovery and lead you to the peace of our Lord that passes all understanding. If we can help you in any way, or if you have a quotation to suggest or if you think your experience with Engenex would help others and you would like to share it with them, please write to me.

*Jack*

John R. Boehringer  
President, Boehringer Wound Systems, LLC  
PO Box 910, Norristown, PA 19404

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