

The background of the entire page is a photograph of two King penguins standing on a dark, rocky beach at dusk. They are facing each other, with their heads tilted slightly upwards. The sky is a deep, dark blue, and the water in the background is dark. The penguins have white bodies with black wings and heads, and a distinctive yellow-orange patch on their chests and around their eyes. The overall mood is serene and contemplative.

# Listening

moves us closer;  
it helps us become  
more whole, more  
healthy, more holy.  
Not listening creates  
fragmentation, and  
fragmentation is the  
root of all suffering

Margaret J. Wheatley



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*Compassionate care led  
by Catholic values*

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