

# HOPE

from the hospice





# HOPE

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We've put together some words and pictures which we think will encourage you in these troubled times. The contributions have been shared by some of the hospice staff and volunteers because each one has proved meaningful to them.

Why not read and reflect on what we've shared several times over the coming days? Some contributions will mean more to you than others, which is how it should be.

May you find comfort, strength and peace, inspiration and ... hope!

April 2020

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## Notes

'The Boy, the Mole, the Fox and the Horse' by Charlie Mackesy is popular with a number of staff. We hope Charlie won't mind us reproducing some of his illustrations here. The book is published by Penguin.

Unattributed contributions shared by Keith Judson, Spiritual Care Coordinator.

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**"The needs of the spirit are as critical to health as those individual organs which make up the body."**

*Florence Nightingale*

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## **Mud or Stars?**

*Dale Carnegie*

Two men looked out from prison bars,  
One saw the mud, the other saw stars.

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**"All shall be well, and all shall be well  
and all manner of thing shall be well."**

*Mother Julian of Norwich, 1342-1416*

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**"Every tomorrow has two handles. We can take hold of it with the handle of anxiety, or with the handle of faith."**

*(Henry Ward Beecher)*

*- shared by Joan Detheridge, Assistant Manager, Sedgley Shop*

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## Charlie Mackesy

"Everyone is a bit scared,"  
said the horse



"But we are less scared  
together."

- shared by Gemma Allen, Diversity and Inclusion Lead

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## A soft reminder ...

*Lisa Olivera*

We (all of us) are currently going through a collective traumatic experience. Trauma is often thought of as “too much, too fast” ... which is exactly what’s happening. Of course you’re exhausted. Of course you’re afraid. Of course you’re overwhelmed. Of course you’re clinging to certainty in the midst of so much unknown. Of course you aren’t as productive, feeling foggy, or wondering how you can possibly go through so many waves of emotions all in the same day. This all makes so much sense in the context of our circumstances. Be gentle with yourself. Give yourself grace. You are good, no matter how you are managing this completely new experience.

*- shared by Dawn Spencer, Lawnswood Shop Manager*

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## **Protest and Trust**

*Rowan Williams*

The Cry to God as ‘Father’ in the New Testament is not a calm acknowledgment of a universal truth about God’s abstract fatherhood. It is the Child’s cry out of a nightmare.

It is the cry of outrage, fear, shrinking away, when faced with the horror of the ‘world’. Yet not simply or exclusively protest, but trust as well.

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## **Teresa's Bookmark**

*St Teresa of Avila*

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing;  
God only is changeless.  
Patience gains all things.  
Who has God wants nothing.  
God alone suffices.

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## [i carry your heart with me(i carry it in]

e. e. cummings

i carry your heart with me(i carry it in  
my heart)i am never without it(anywhere  
i go you go,my dear;and whatever is done  
by only me is your doing,my darling)

i fear

no fate(for you are my fate,my sweet)i want  
no world(for beautiful you are my world,my true)  
and it's you are whatever a moon has always meant  
and whatever a sun will always sing is you

here is the deepest secret nobody knows  
(here is the root of the root and the bud of the bud  
and the sky of the sky of a tree called life;which grows  
higher than soul can hope or mind can hide)  
and this is the wonder that's keeping the stars apart

i carry your heart(i carry it in my heart)

- *shared by Jemma Mondon, Financial Controller*

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# **Lockdown**

*Richard Hendrick OFM*

Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.

But,

They say that in Wuhan after so many years of noise  
You can hear the birds again.

They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.

They say that in the streets of Assisi  
People are singing to each other  
Across the empty squares,  
Keeping their windows open  
So that those who are alone  
May hear the sounds of family around them.  
They say that a hotel in the West of Ireland  
Is offering free meals and delivery to the  
housebound.

Today a young woman I know  
Is busy spreading fliers with her number  
Through the neighbourhood,  
So that the elders may have someone to call on.

Today churches, synagogues, mosques and temples  
Are preparing to welcome  
And shelter the homeless, the sick, the weary.

All over the world people are slowing down and  
reflecting.

All over the world people are looking at their  
neighbours in a new way.

All over the world people are waking up to a new  
reality;

To how big we really are;

To how little control we really have;

To what really matters.

To Love.

So, we pray and we remember that  
Yes, there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness.

But there does not have to be disease of the soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live  
now.

Today, breathe.

Listen, behind the factory noises of your panic  
The birds are singing again,  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able to touch across the empty  
square,  
Sing!

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## Don't leave the house unless it's for the

...



# What you can't and can control ...

<https://thecounselingteacher.com>



- shared by Jill Tait, Spiritual Care Team

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# The Time We Spring-Cleaned the World

Louise Gribbons (*especially for children*)

The world it got so busy,  
There were people all around.  
They left their germs behind them;  
In the air and on the ground.

These germs grew bigger and stronger.  
They wanted to come and stay.  
They didn't want to hurt anyone -  
They just really wanted to play.

Sometimes they tried to hold your hand,  
Or tickled your throat or your nose.  
They could make you cough and sneeze  
And make your face as red as a rose.

And so these germs took over.  
They started to make people ill,  
And with every cough we coughed  
More and more germs would spill.

All the queens and kings had a meeting.  
“It’s time to clean the world up!” they said.  
And so they had to close lots of fun stuff,  
Just so these germs couldn’t spread.

We couldn’t go to cinemas  
Or restaurants for our tea.

There was no football or parties,  
The world got as quiet as can be.

The kids stopped going to school,  
The mums and dads went to work less.  
Then a great, big, giant scrubbing brush  
Cleaned the sky and the sea and the mess!

Dads started teaching the sums,  
Big brothers played with us more,  
Mums were in charge of homework  
And we read and played jigsaws galore!

The whole world was washing their hands  
And building super toilet roll forts!  
Outside was quiet and peaceful,  
Now home was the place for all sports.

So we played in the world that was home  
And our days filled up with fun and love,  
And the germs they grew smaller and smaller  
And the sun watched from up above.

Then one morning the sun woke up early,  
She smiled and stretched her beams wide.  
The world had been fully spring cleaned,  
It was time to go back outside!

We opened our doors oh so slowly  
And breathed in the clean and fresh air.  
We promised that forever and always

Of this beautiful world we'd take care!

- *shared by Zoe Barnard, Health Care Assistant*

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## **And the People Stayed at Home**

Kitty O'Meara

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

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# **Listen to the silence**

*Frances J. Roberts*

Listen to the silence  
It will teach you  
It will build strength  
Let others share it with you  
It is little to be found elsewhere

Silence will speak more to you in a day  
Than the world of voices can teach you in a lifetime  
Find silence  
Find solitude  
And having discovered her riches  
Bind her to your heart

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# In the Time of Quiet

Philippa Atkin

No one's told the daffodils about the pause to Spring  
And no one's told the birds to roost and asked them  
    not to sing

No one's asked the lazy bee to cease his bumbling round  
And no one's stopped the bright green shoots  
    emerging through the ground

No one's told the sap to rest, deep within the wood  
And stop the sleepy trees from waking, wreathed about  
    in bud

No one's told the sky to douse its brightest shades of blue  
And stop the scudding clouds from puffing headlong  
    into view

No one's asked the lambs to still the springs beneath  
    their feet

To stop their rapid rush and quell each joyful bleat

No one's told the stream to halt its gurgle or its flow

And warned the playful breezes, not to gust and blow

No one's asked the raindrops not to fall upon the earth

And fail to quench the soil in the season of rebirth

No one's locked the sun down, or dimmed the shimmer  
    of the moon

And even in the darkest night, the stars are still immune

Remember what you value, remember who is dear

Close the doors to danger and keep your family near

In the quiet all around us take the time to sit and stare

And wonder at the glory unfurling everywhere

Look towards the future, after the ordeal  
And keep faith in Mother Nature's power and will to heal

*- shared by Mark Burns,  
Community Volunteer Service Coordinator  
- and Marie Faux, Senior Sister*

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## **Even though ...**

Even though the world feels strange,  
the birds are still singing.

As we learn new ways of being  
the sun is still shining.

While much feels uncertain,  
the world is still turning and the plants are still growing.

And in all of this,  
that which we call divine resides within us  
and brings comfort and hope.

Listen and breathe it in.

*- written by Awen Clement, Spiritual Care Team*

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## **Gift from the Sea**

*Anne Morrow Lindbergh*

It is a difficult lesson to learn today, to leave one's friends and family and deliberately practice the art of solitude for an hour or a day or a week. For me, the break is most difficult ...

And yet, once it is done, I find there is a quality to being alone that is incredibly precious. Life rushes back into the void, richer, more vivid, fuller than before!

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## **In the Moment**

*Anne Morrow Lindbergh*

Hurry is an unpleasant thing in itself but also very unpleasant for whoever is around it. Some people came into my room and rushed in and rushed out and even when they were there they were not there – they were in the moment ahead or the moment behind. Some people who came in just for a moment were all there, completely in that moment.

Live from day to day, just from day to day. If you do so, you worry less and live more richly. If you let yourself be absorbed completely, if you surrender completely to the moments as they pass, you live more richly those moments.

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# Silence-Stilling-Surrender

“When you are quiet and still I can speak to your heart”

“Give your heart and then you will receive God’s thoughts.”

- Margery Kempe

1. Find a comfy chair, sit with both feet on the floor with your hands in your lap or whatever position is most natural.
2. Close your eyes and ask God to be with you.
3. Starting with your feet and moving up, pay attention to each part of your body. Feel the levels of tension or tiredness. Try to relax the muscles there.
4. Notice the sounds around you, then try to ‘let them go.’
5. Feel your body as it becomes relaxed on the chair, try to maintain stillness.
6. Pay attention to your breathing: the in - out- rhythm.  
Gently extend the breaths.
7. Begin to surrender. Breathe:
  - God’s breath of love in, ‘things to be done’ out.
  - God’s love in, worries out.
  - God’s love in, stresses and anxieties out.

God with You, Gods Presence, God’s Breath, Gods Love.

- *shared by John Flitcroft, Spiritual Care Team*

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## A Smile

*John Bisner*

A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever.

None is so rich or might that he can get along without it, and none is so poor that he cannot be made rich by it. A smile creates happiness in the home, fosters goodwill in business and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, barrowed, or stolen, for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

*- shared by Alison Goodwin, Estates & Facilities Assistant*

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# **Memories**

Helen Steiner Rice

Tender little memories  
Of some word or deed  
Give us strength and courage  
When we are in need.  
Precious little memories  
Of little things we've done  
Make each day together  
A bright and happy one.  
Blessed little memories  
Of happiness and love  
Are gifts to keep forever  
From our Father up above.

*- shared by Belinda Hawk, Health Care Assistant*

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# **Courage**

*from 'Consolations' by David Whyte*

Courage is the measure of our heartfelt participation with life, with another, with a community, a work, a future.

To be courageous is not necessarily to go anywhere or do anything, except to make conscious those things we already feel deeply and then to live through the unending vulnerabilities of those consequences.

To be courageous is to seat our feelings deeply in the body and in the world: to live up to and into the necessities of relationships that often already exist, with things we find we already care deeply about: with a person, a future, a possibility in society, or with an unknown that begs us on - and always has begged us on.

To be courageous is to stay close to the way we are made.

*- shared by Awen Clement, Spiritual Care Team*

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## Charlie Mackesy

"Sometimes" said the horse  
"Sometimes what?" asked the boy  
"Sometimes just getting up,  
and carrying on is  
brave and magnificent"



- shared by Gemma Allen, Diversity and Inclusion Lead

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# **Dark Days**

*Nikita Gill*

on the darkest of days  
I look at the stars  
and marvel at  
the patchwork of time  
staring back at me.

not a single burst of starlight is the same age  
some of these stars  
are born billions of years apart,  
yet travel through time together  
making this beautiful piece of art

sometime, somewhere  
these stars have already encountered  
a better version of me  
on her best day looking up at them  
and thanking them for helping me see

*- shared by Awen Clement, Spiritual Care Team*

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# Musings on Habakkuk

*Habakkuk (Old Testament))*

The prophet Habakkuk chose to be positive in dire circumstances:

Though the fig tree does not bud  
and there are no grapes on the vines,  
though the olive crop fails  
and the fields produce no food,  
though there are no sheep in the pen  
and no cattle in the stalls,  
yet I will rejoice in the Lord,  
I will be joyful in God my Saviour.  
The Sovereign Lord is my strength;  
he makes my feet like the feet of a deer,  
he enables me to tread on the heights.

Even though we are confined  
and cannot have fellowship with one another,  
Even though there's lack of food upon the shelves,  
Even though our hearts are sometimes filled with fear  
and we are troubled and confused,  
Even though the times are difficult  
and some walk in darkest valleys,  
YET ... we will rejoice in the Lord.  
Our HOPE is in you ... you are the God of all HOPE!

*- shared by Jill Tait, Spiritual Care Team*

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## **Psalm 46**

*from “Psalms Now” by Leslie F Brandt*

Our great God is still our Refuge and Strength,  
He knows our problems and fears.

Thus, we have no business doubting Him  
even though the earth is convulsed in tragedy  
or its human masses threatened  
by ethnic hatred or disease,  
drugs, crime or abuse.

God continues to reign as all-wise  
and as almighty as ever  
His eternal plan is not cancelled out  
by the whims of human leaders  
or the freakish accidents of nature.

Nations will destroy each other.

Civilizations will perish.

The earth itself may one day become  
a smoking cinder, but God will not leave us.  
He is forever our sure Refuge and Strength.

Just look around you, read the pages of history.  
Refresh your flagging spirit with the reminder  
of His great fears throughout the ages.  
And you will again hear Him speaking:  
“Relax, stop fretting, and  
remember that I am still God.  
I still hold the reins of this world.”

God is here among us.  
He continues to be our Refuge and Strength.

*- shared by Terry Graham, Spiritual Care Team*

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## **My Guide**

*Psalm 16:7 (Old Testament)*

I praise you, LORD, for being my guide.  
Even in the darkest night, your teachings fill my mind.

*- shared by Joan Detheridge, Assistant Manager, Sedgley Shop*

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## For Light

John O'Donohue

Light cannot see inside things.  
That is what the dark is for:  
Minding the interior,  
Nurturing the draw of growth  
Through places where death  
In its own way turns into life.

In the glare of neon times,  
Let our eyes not be worn  
By surfaces that shine  
With hunger made attractive.

That our thoughts may be true light,  
Finding their way into words  
Which have the weight of shadow  
To hold the layers of truth.

That we never place our trust  
In minds claimed by empty light,  
Where one-sided certainties  
Are driven by false desire.

When we look into the heart,  
May our eyes have the kindness  
And reverence of candlelight.

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# **May My Heart Be Gentle**

*Abby Willowroot*

may my heart be gentle  
my mind still and open  
my spirit unshackled  
my awareness keen  
my conscience clear  
my nature giving.

may I be a healing energy  
may I be of benefit to all  
may my life enrich others  
may I know what matters  
and live in harmony with nature

*- shared by Sally Meaden, Income Generation Assistant*

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# **The Gate of the Year**

*Minnie Louise Haskins*

This poem caught the public attention and the popular imagination when King George VI quoted it in his 1939 Christmas broadcast to the British Empire. The poem was handed to him by his daughter Elizabeth, aged 13.

Here is the first part:

And I said to the man who stood at the gate of the year:  
"Give me a light that I may tread safely into the unknown."

And he replied:

"Go out into the darkness and put your hand  
into the Hand of God.

That shall be to you better than light  
and safer than a known way."

So I went forth, and finding the Hand of God,  
trod gladly into the night.

And He led me towards the hills and the breaking of day  
in the lone East.

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## When Morning Comes

An old African tribal custom was that when a boy was thirteen he became a man. However, to prove that he was now a man, he would be blindfolded and taken into the jungle to spend the night. If he stayed, then it proved that he was ready to be a great warrior.

So, the boy was taken and left.

He heard sounds that frightened him. He imagined so many things that would happen to him. Perhaps animals would pick up his scent and kill him? The darkness seemed as though it would never end.

But morning did come and the chief came to take off the blindfold and welcomed him as a man

As the boy's eyes got used to the light, the first thing he saw was his father sitting a short distance from him. He had been there all night watching over his son.

When our days seem long and dark, and we lose sight of God, morning comes and faith shows us that he was there all the time.

*- shared by Brenda Guest, Spiritual Care Team*

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## **From ‘Hebridean Altars’**

collected by Alistair Mclean

As the rain hides the stars,  
as the autumn mist hides the hills,  
happenings of my lot  
hide the shining of Thy face from me.  
Yet if I may hold Thy hand  
in the darkness,  
it is enough;  
since I know that,  
though I may stumble in my going,  
Thou dost not fall.

Even though the day be laden  
and my task dreary  
and my strength small,  
a song keeps singing  
in my heart.

For I know that I am Thine.

I am part of Thee.

Thou art kin to me,  
and all my times  
are in Thy hand.

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## Prayers

*based on words from the Church of England*

Dear God,  
we pray that you will keep us  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Help and support those of us who are anxious and fearful;  
lift up those who feel low, to experience your comfort.  
We know nothing can separate us from your love and care  
and we are grateful for this at such a difficult time. Amen

God of compassion,  
Draw close to us so that we feel your loving arms around us,  
bringing us comfort and peace.  
Bring light into the darkness and the despair we may feel.  
We pray for those we love and to whom we are close.  
Please show your protection and care for them at this time.  
Help us to be people of generosity:  
giving and loving at all times  
for as long as it takes;  
knowing you, the God of peace,  
are always with us. Amen

Lord,  
in these troubled times we pray  
for those leading our nation and shaping national policies:  
guide them to make wise decisions.  
We pray too for those caring for the sick:  
give them skills, sympathy and resilience.

Give wisdom too, Father God,  
to the scientists searching for a cure.  
Strengthen all these people  
that through their work many will be restored  
to health and strength once again. Amen

- *shared by Anne Harris, Spiritual Care Team*

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## A Soul Midwife's prayer for the bedside

*Felicity Warner*

It is time to let go.  
You are safe and loved and you are not alone.  
Just fall into my arms and sleep.  
You don't have to make things happen,  
they will happen on their own.  
Let me hold you.  
Just let go, don't resist.  
You are doing so well,  
like a feather falling from the sky.  
Sink back into soft feathered wings.  
You are working hard,  
delving deep within yourself,  
like a chrysalis changing into a butterfly.  
Of course you are weary, change is hard work.  
Your body is tired, but don't be frightened,  
just love and all will be well.

- *shared by Rachael Field, Spiritual Care Team*

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# **On the Death of the Beloved**

John O'Donohue

Though we need to weep your loss,  
You dwell in that safe place in our hearts,  
Where no storm or night or pain can reach you.

Your love was like the dawn  
Brightening over our lives  
Awakening beneath the dark  
A further adventure of colour.

The sound of your voice  
Found for us  
A new music  
That brightened everything.

Whatever you enfolded in your gaze  
Quickened in the joy of its being;  
You placed smiles like flowers  
On the altar of the heart.  
Your mind always sparkled  
With wonder at things.

Though your days here were brief,  
Your spirit was live, awake, complete.

We look towards each other no longer  
From the old distance of our names;  
Now you dwell inside the rhythm of breath,

As close to us as we are to ourselves.

Though we cannot see you with outward eyes,  
We know our soul's gaze is upon your face,  
Smiling back at us from within everything  
To which we bring our best refinement.

Let us not look for you only in memory,  
Where we would grow lonely without you.  
You would want us to find you in presence,  
Beside us when beauty brightens,  
When kindness glows  
And music echoes eternal tones.

When orchids brighten the earth,  
Darkest winter has turned to spring;  
May this dark grief flower with hope  
In every heart that loves you.

May you continue to inspire us:

To enter each day with a generous heart.  
To serve the call of courage and love  
Until we see your beautiful face again  
In that land where there is no more separation,  
Where all tears will be wiped from our mind,  
And where we will never lose you again.

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## The King of Love

Henry Williams Baker (based on Psalm 23)

The King of love my Shepherd is,  
Whose goodness faileth never;  
I nothing lack if I am His  
And He is mine forever.

Where streams of living water flow  
My ransomed soul He leadeth,  
And where the verdant pastures grow  
With food celestial feedeth.

Perverse and foolish oft I strayed,  
But yet in love He sought me,  
And on His shoulder gently laid,  
And home rejoicing brought me.

In death's dark vale I fear no ill  
With Thee, dear Lord, beside me;  
Thy rod and staff my comfort still,  
Thy cross before to guide me.

Thou spread'st a table in my sight;  
Thy unction grace bestoweth:  
And O what transport of delight  
From Thy pure chalice floweth!

And so through all the length of days  
Thy goodness faileth never;

Good Shepherd, may I sing Thy praise  
Within Thy house forever.

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## Faith

Geoffrey Studdert Kennedy

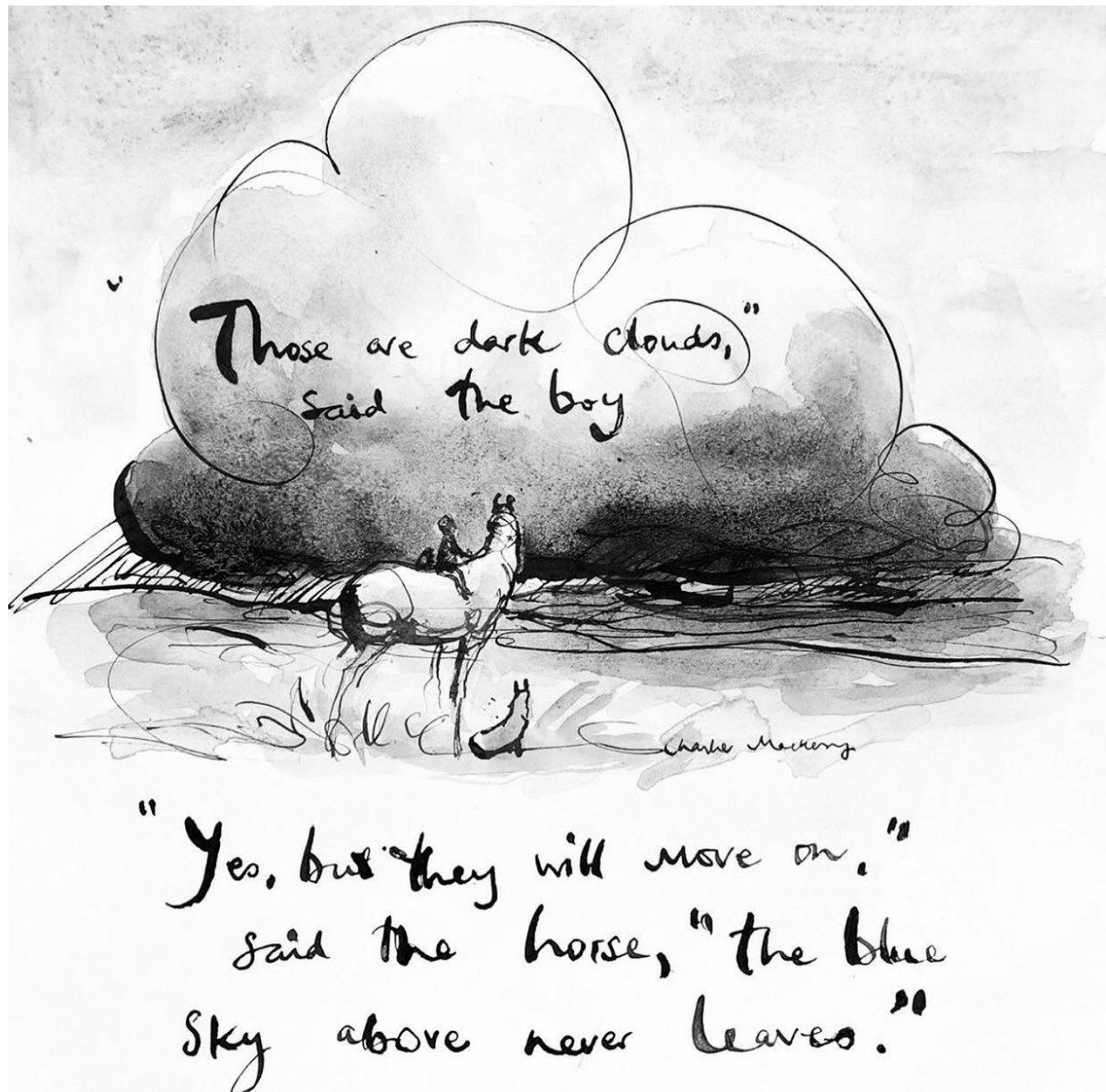
When storm winds sob to silence, fury spent  
To silver silence, and the moon sails calm  
And stately through the soundless seas of Peace.  
So through the clouds of Calvary - there shines  
His face, and I believe that Evil dies,  
And Good lives on, loves on, and conquers all -  
All War must end in peace. These clouds are lies.  
They cannot last. The blue sky is the Truth.  
For God is love. Such is my Faith, and such  
My reasons for it, and I find them strong  
Enough ...

*Better known by his nickname "Woodbine Willie", Kennedy was a chaplain on the Western Front in the First World War.*

*He was awarded the Military Cross for rescuing wounded soldiers while under fire at Messines Ridge in 1917.*

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# Charlie Mackesy



"Yes, but they will move on."  
said the horse, "the blue  
sky above never leaves."

- shared by Gemma Allen, Diversity and Inclusion Lead

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## **Hope**

*Thich Nhat Hanh*

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

*- shared by Alison Goodwin, Estates & Facilities Assistant*

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## **There is a Hope**

*Stuart Townend*

There is a hope that lifts my weary head,  
A consolation strong against despair,  
That when the world has plunged me in its deepest pit,  
I find the Saviour there!  
Through present sufferings, future's fear,  
He whispers, 'Courage!' in my ear.  
For I am safe in everlasting arms,  
And they will lead me home.

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## **Strengthen the things that remain**

from 1 Corinthians 13 (New Testament)

Love is patient and kind;  
it is not jealous or conceited or proud;  
love is not ill-mannered or selfish or irritable;  
love does not keep a record of wrongs;  
love is not happy with evil, but is happy with the truth.  
Love never gives up;  
and its faith, hope, and patience never fail.  
Love is eternal.

... Meanwhile these three remain:  
faith, hope, and love;  
and the greatest of these is love.

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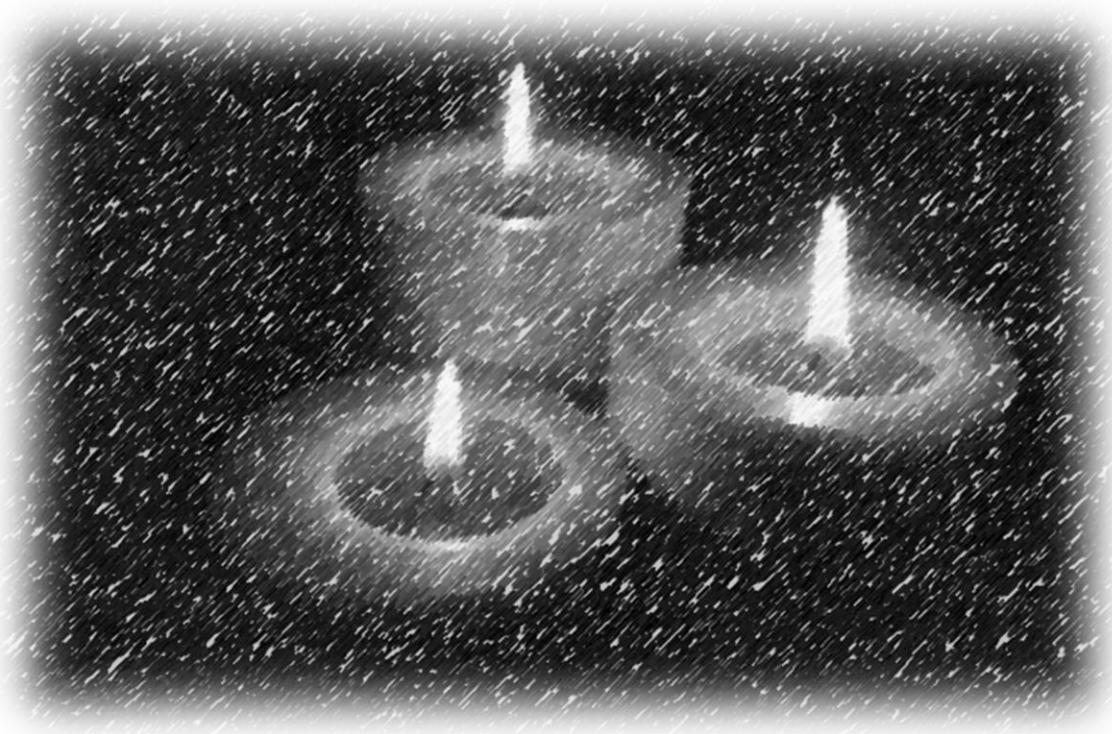
## **Peace, Light, Love**

May peace surround you.  
May light shine within you.  
May your soul be held in love.

*- written by Rachael Field, Spiritual Care Team*

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## Faith, Hope & Love



### Faith

*continuing* to burn despite the darkness of death

### Hope

*flickering* in the darkness and sadness of our grief

### Love

*enduring* in the midst of our helplessness and loss

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## **Listen to your life**

*Frederick Buechner*

Listen to your life  
See it for the fathomless mystery that it is.  
In the boredom and pain of it  
no less than in the excitement and gladness:  
touch, taste, smell your way  
to the holy and hidden heart of it  
because in the last analysis  
all moments are key moments,  
and life itself is grace.

