

April 29, 2020

Dear Friends,

One of our mantras at Stephy's Place is: 'allow yourself to feel your feelings.' I know I've said it a million times and will continue to say it. I'd like to share my own personal experience of this; yesterday I said it to myself as I took a long, beautiful walk. I wrote the following poem during that walk:

**Blessing**

***I pause to rest on my journey,***

***My grateful eyes close, yielding to bended knee.***

***The silence of reflection is filled with the voice of memory.***

***It speaks of sadness and joy, of burdens and blessings.***

***I savor the moment, enveloped in feelings;***

***A gift to remember, to relive, to cherish.***

***I rise and continue and stop before stepping.***

***I lay down my burdens and take only blessings.***

***These are my companions, for today and tomorrow,***

***Never to be forgotten, not to dominate is sorrow.***

Sometimes less is more, so today let me simply leave you with the poem and your own time to reflect and FEEL.

***God grant us the serenity to accept the things we cannot change, the courage to change the things we can and the wisdom to know the difference.***

Peace and Serenity, Kevin