

THE WORK OF THE
MATURE PERSON
IS TO CARRY
GRIEF IN ONE HAND +
GRATITUDE IN THE OTHER
+ TO BE STRETCHED
LARGE BY THEM.

FRANCIS WELLER

YOUR
HEART
is a living
forest full
of
songbirds.
ee cummings

As long
as there
is love
there will
be grief.
heidi priske

EVEN A WOUNDED WORLD
IS FEEDING US. EVEN A
WOUNDED WORLD HOLDS US,
GIVING MOMENTS OF JOY +
WONDER. I CHOOSE JOY
OVER DESPAIR, NOT
BECAUSE I HAVE MY HEAD
IN THE SAND, BUT
BECAUSE JOY IS WHAT THE
EARTH GIVES ME DAILY
AND I MUST
RETURN THE GIFT.

ROBIN WALL KIMMERER