

## **From Within**

In attempting to write this year's poem  
I recalled a wonderful song from my recent past for inspiration  
And lying there at night  
I mistook the opening line for:  
*At dawn we rise again.*

Despite this memory lapse, it did give me pause for thought  
And I realized how beautiful a simple line like that could be.

Every dawn brings life to a new day.  
Each day is something new;  
Each day is a fresh start;  
Each day we have a chance;  
And each day offers us all a beginning.

Although it may seem the same, day in and day out  
    Over and over again –  
There is nothing we have other than the present  
And the gift of being fortunate enough to be alive  
This very moment.

Our pasts become pictures and words; movies and memories.  
And our future is merely a vision of our hopes and /or fears of what may be.

At dawn  
We see the light and energy of a new day.  
    It rises beautifully,  
    Shines of hope,  
    Has a fleeting glory,  
    And then it is gone.

Yet, with that moment, it gives us colours, shades, senses, and aspects all of its own,  
Seeming to beckon us to heed the brief time that we have.

Each day offers us a new gift and possibilities  
And it is our responsibility to react accordingly.

It is often said that some of God's greatest gifts are unanswered Prayers;  
What may seem a misfortune could prove to be a Blessing  
And our sincerest of aspirations could prove detrimental.  
We don't know what is best, or how it will all unfold  
But we all have it in us  
To make the choices that we know are the right ones  
And we all know that, ultimately,  
The greatest gift we can give is to love.

Not every day will bring sunshine  
And not all memories are blissful.  
But, in retrospect, there always is a delicate balance.  
Bad feelings can heal.  
Sad memories will fade.  
And there eventually is a shine  
On everything that our lives have achieved:  
    The moments we've experienced,  
    The ones we've loved,  
    The lives we've touched.

And everyone  
And everything  
That has experienced, loved, and touched us.

Just like at dawn -  
The light shines wonderfully bright.  
And every time it does  
And with every opportunity that we are Blessed to witness it,  
We have a chance to embrace it all,  
To make the most of it,  
To share that joy and gift,  
And all that it brings  
    Once again.



Thank you, Brian Grieve