



On the road of life: places to go, things to do;
A call to pause arrives: stop a moment, wait;
Impatient, perhaps, wanting to move on and on;
Take the time to see nature's beauty all around;
Seek not always the destination, rest and just be.



Nature creates diverse images of beauty and joy;
Though fleeting, the vision brings ephemeral delight;
Inspires artistic responses to make the moment last;
A haven of rest and reflection, brings pleasure to all.



Socially Connected for Spiritual Health

Welcoming full maturity in the autumn on life's journey;
Sharing a color-filled glow from the uniqueness of each;
Forming a communal tapestry of beauty brings joy to all.



For a fleeting moment an arc of hope appears;
The storm whether ended or paused has passed;
Blue slowly replaces the gray to soft silent cheers;
Enjoy each rainbow now, knowing it will not last.

Chaplain Sam Seicol

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