



**Seeking out sweet nourishment;
Mindful of the thorns along the way;
New paths, new postures acquired;
Obstacles surmounted, challenges faced;
Taking time to stop and eat the roses.**



**Calmly anchored on the peaceful pond;
Sharing a time of respite with friends;
Pausing to assess the rippled reflection;
Preparing to travel in mutual support;
Sailing on into the unknown.**



**May there be fullness and blessing
In the growth from the past;
May there be beauty and joy
In a calm respite of the present;
May there be wholeness and well-being
In envisioned hopes and aspirations;
May there be joy and uplift in the future.**



**Autumn brings to fruition
The growth of summer;
Holding on and reaching out
To share in fullness;
Weathering the storm
In mutual support;
Lingering waters softly sustain.**