

## LIVING IN MULTILATED TIMES

by Bev Johns

How can we begin to fix?

A world torn apart

A world full of strife

A world filled with indignities

We see the illness

We see the cruelty

We see the violence

We witness the inequities

We experience a sense of hopelessness

We feel the fear

We want it to stop

We ask how?

We repair one thread at a time

We rejoice for the beauty we see

We reach out to someone in need

We recognize the helpers

We reflect each day on the kindness and caring we can show to others

One individual at a time

One small act of kindness, one note of gratitude.