

WELLBEING TIPS

POEM ABOUT CURRENT GLOBAL SITUATION

When this is over,
May we never again
Take for granted
A handshake with a stranger
Full shelves at the stores
Conversations with neighbours
A crowded theatre
Friday night out
The taste of communion
A routine check-up
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends
May we find
That we have become
More like the people
We wanted to be
We were called to be
We hoped to be
And may we stay
That way – better for each other
Because of the worst.

Laura Kelly Fanucci