

Changes

GRIEF
SPACE
Support Practices Adapted FOR THIS Challenging Era



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Look back, see what influences
the decisions in and around our lives;
They live with us every day.
The present moment resonates
with their visage, but only we
decide which aspect moves us.

Joy comes from so many directions
and seems fleeting, but the glow of it
warms when the light of life grows dim.
Encouraging and optimistic,
hope, an irrepressible weed,
growing in the cracks of transition,
waits to become a meadow.

