

Happy New Year to everyone.

It always amazes me how quickly the Christmas season seems to go by. It's supposed to be a time to slow down and enjoy family and friends, reflect upon the past year and look forward to the promise of new beginnings, but sometimes the busyness of life gets in the way of savoring all the precious moments.

I'm sure we're all working on our New Year's resolutions, but maybe this year we should instead just be still, enjoy the quiet and take time to delight in this wonderful world, this beautiful life that God has given us.

This is a poem by Julia Fehrenbacher entitled, "Can you?"

### **Can You?**

Can you, for just a minute  
leave  
the white tablecloth, the washing the  
sorting, the scanning  
the lists, the date books  
the .corns. the inbox  
the goals, the resolutions  
the plans, the labels, the schedule, the old stories  
the scars, the scales, the bruises the  
pains, the aches  
the what its. the should haves the  
pointing fingers  
the too small boxes  
the questions, the containers the  
dividers, the protectors the  
sickening  
paralyzing  
expectations?  
Can you, for just a minute  
hush  
the voices that howl madly at  
your old, tired  
little self?  
For a brave minute or two can  
you pry open the bars  
  
and listen  
to the wordless—  
the hum between  
to that which births snowflakes and  
stars and sighs  
and moonlit little streams?  
On this frozen winter night when your heart  
especially needs warming, I'm wondering  
can you, for just a minute  
get quiet enough to hear the silent  
flutter  
of this one precious

life  
of this one  
precious breath?