

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?