

MARCH
2021

Parish Notes

The Newsletter of the Unitarian Universalist Church of Concord



What Does It Mean To Be A People of Commitment?

A reflection from the Rev. Scott Tayler and the team at Soul Matters.

There's a natural, and important, go-getter quality to this month's theme of Commitment. After all, huge payoffs come when we keep our commitments. Maintaining loyalty to healthy habits not only lengthens our lives but enriches them. Faithfully following through on our relationship commitments allows us to fully realize ourselves as the interdependent creatures we are, as well as increases just about every metric of happiness, meaning and success out there. And keeping the promises we make to ourselves ultimately gives us the strength, groundedness and self-confidence needed to follow through on all those promises we make to those around us.

Add it all up and what we get is a picture of commitment that looks a lot like climbing a mountain. The path is long and littered with challenges, but there's definitely a beautiful view waiting for us at the top. Staying on course is the goal. What's needed most in our backpacks are the qualities of endurance, focus, determination and grit. And of course no commitment climb would be complete without a handful of coaches offering us motivational words and strategic tips, along with a supportive crowd that lines the path and cheers us on with encouraging shouts of, "You can do it!"

There is no doubt that such climbs are worth it. All of us certainly need a few of these successful journeys to feel fulfilled. But what about those we notice along the way? What about those we see sitting on the side of the trail, bruised and tending to their wounds? What about those we see walking the other way? Those who have stopped half-way up and are now traveling back down the path?

There's the friend whose marriage was good for so many years but, through no real fault of her or her spouse, that relationship has now just grown thin. She is the one sitting there struggling to accept the sad reality that some marriages just weren't meant to last a lifetime. There's also the co-worker that is proud to have maintained a successful career for 20 years that supported his family, but who - because of that commitment to stable work - had to turn his back on an earlier dream of being a writer. And over by that turn in the road sits your sister who gave her faithfulness but only got betrayal and infidelity in return. Then, of course, there are the many fellow travelers who bravely remain committed to the long-haul goals of health and security, but who walk wearily because addictions or bad luck have turned their journey into a one of one step forward and two steps back.

All of which is to say that maybe what's needed most this month is for us to tone down all the motivational talk so we can make at least a little room for mourning.

Yes, the path of commitment is a lot like climbing a mountain, but it is just as often more like trudging through a thick forest where all sorts of paths complicate our

Continued on page 5

CONNECTING IN LOVE AND SERVICE
GROWING SPIRITUALLY
TRANSFORMING OURSELVES AND THE WORLD

Sunday Morning Schedule

As the pandemic drags on, we keep adapting our Sunday mornings to provide a variety of ways to be socially connected while physically distant. Here is our newest Sunday morning schedule:

9:45am | Pre-Worship Ingathering on [Zoom Link](#)

Once the service starts we will close the Zoom room for the duration of the service.

10:00am | Worship Service [Live Stream Link](#)

[To connect with others during the service you can:](#)

- use the "chat" feature that's to the right of the livestream window,
- choose a fullscreen option at the lower right of the live stream window to hide the chat if you find it distracting.

Service end time until 11:30 | Informal Social Hour on [Zoom Link](#)

11:30am to 12:30pm | One or two programs on Zoom

- One program will be in the same Zoom room that Ingathering and Social Hour happened. [Main Zoom Link](#)
- On second and third Sundays each month, there will be a Spiritual Practice in our "Zoom Meditation Hall." Guided meditation or movement practices such as yoga will be offered. [Second Zoom Link](#)
- The Second Hour program Zoom links are available at <https://concorduu.org/after-service-offerings/> by Sunday morning. They are usually also in your eBulletin.

Are you having trouble viewing the Sunday Live Stream?

Here are some tips.

- Every Sunday we begin our livestream at 9:45 with our "COVID Diary" slideshow, and some music. The service itself begins at 10:00 sharp.
- If you tune in after 9:45 and click the "play" button, the stream will play from the beginning. This means you will get 15 minutes of slideshow before the service begins.
- To catch up to the live moment, hover on the toolbar at the bottom of the livestream window, and click the red "Live" link.
- If you are still having trouble, try refreshing your browser window. You may need to do it more than once.
- And finally, there are lots of experts monitoring the chat window! Ask your questions in the live chat for quick help.

March Worship Services

Live stream our worship services at concorduu.org/live

3/7/2021 “Colliding Commitments,” Rev. Michael Leuchtenberger

If commitments shape who we are (see next Sunday), how do we balance commitments competing for our attention, colliding and pulling us in multiple worthwhile directions? How do we honor and balance our commitments to self, family, work, our community, the environment, to justice? Finding that balance is hard and has left many of us overcommitted and unable to sustain our commitments. Time for forgiveness. Time to recalibrate our fire of commitment. Time to lean into what truly sets our mind and soul ablaze.

Our first Sunday drop-in covenant group will focus on our monthly theme of “Commitment.” All are invited to participate. Karen Cox & Rev. Michael Leuchtenberger will facilitate.

3/14/2021 “The Commitments that Shape Us,” Rev. Michael Leuchtenberger

Our commitments determine how we spend our time, talent, and treasure. A commitment is not a contract. A commitment changes who we are, it embodies our growth, it is about identity, sense of purpose, belonging, and greater freedom (even) as we let go of some of our choices. Our commitments shape who we are as individuals and as a community. How fitting that today’s service includes our New Member Covenanting & Celebration.

3/21/2021 “Alone Together: Solitude & Community,”

Jeanne Ann Whittington, Betsy Black & Rev. Michael Leuchtenberger

We often think of meditation practice as something that we undertake alone, but from the beginning meditation has been deeply embedded in the community. Our commitment to contemplative practice is also a commitment to the wellbeing of community and all the beings within that community and beyond.

The service will have a more contemplative format than most Sundays and also serves as the concluding element of our Seventh Annual Weekend Mindfulness Meditation Retreat (see p. 4). You are invited to enter our virtual sanctuary in a spirit of contemplation as Linda Mai welcomes you with the sounds of her Singing Bowls starting at 9:45 am.

3/28/2021 “Staying at the Table,” Rev. Lyn Marshall

Every Sunday in worship, we say “Let this be our covenant: to dwell together in peace, to seek the truth in love, and to help one another.” This doesn’t guarantee we will never disagree, never feel uncomfortable, never get angry or hurt, never want to walk away. What we promise one another as members of this church is that when we are at odds with one another, we will do our very best to work through our differences in ways that are respectful, caring, and constructive. Let’s remind ourselves of some of the tools we have to help us stay at the table.

Contemplative Corner

The Contemplative Practices Group of the Concord UU invites you to attend

Seventh Annual Weekend Mindfulness Meditation Retreat | Live Online Zoom

Alone Together: Solitude and Community

Led by Jeanne Ann Whittington, Michael Leuchtenberger & Betsy Black

Friday, 3/19 | 5:30 to 9 PM

Saturday, 3/20 | 8:30 AM to 8:30 PM

Sunday, 3/21 | 8:30 AM to Noon

Suggested Registration: \$40 (more if you can, less if you can't. No fee is required to attend.)

Registration fees cover retreat expenses and help fund the installation of a labyrinth at the Concord UU Church.

Register at www.ConcordUU.org or by [clicking here](#).

We often think of meditation practice as something that we undertake alone, but from the beginning meditation has been deeply embedded in the community. We receive instructions—coming down through long traditions—from others. We clarify our understanding through reading, study and discussion with others. We gain strength and inspiration for our practice from the example and companionship of others. In the spaciousness of our silent practice, we taste the essential connection that underlies each moment of experience. And as our lives are gradually transformed by the clear seeing that arises in solitude, we offer the fruits of our practice to others, thus continuing the cycle.

Join us for our seventh annual Mindfulness Weekend Retreat to celebrate your own place in this rich tradition, exploring how practice is received, lives and grows in you. This is an opportunity to deepen your own practice and to receive and offer support within the community.

Questions, please contact Kim: kgillis@live.com



The Unitarian Universalist Church of Concord supports and offers an array of contemplative practices which includes meditation from several traditions and other offerings such as yoga. Church members and people from the wider community are welcome and encouraged to attend any special programs or ongoing groups.

The mission of the Contemplative Practice Group of the UU Church is to align the peace, love and compassion we aspire to find in the outer world with the peace, love, and compassion within each of us by offering a broad array of contemplative practices to the UU and wider communities.

journey. Not every path of commitment is clear and long, with a reward waiting at the end. Some just lead to dead ends. Others start out along beautiful streams but mid-way through snakes slither out through the grass. Some trails are simply too steep and must be abandoned, not just for our safety but for the safety of those we love. And almost always there's that fork in the road. We want to travel both, but we are forced to choose. So commitment to one necessarily means traveling with regret and "what-ifs."

In such woods, our backpacks need to be filled with more than just endurance, focus and grit. Self-forgiveness, acceptance, and the ability to let go or admit "I was wrong" need to be tucked in there too.

In such woods, people need us to be more than coaches and cheerleaders. They need something more like pit stop crews-a trusted circle of people willing to offer them repair and rest.

We need to remember that for every person wanting to hear, "push through the pain," there are two needing someone to say, "It's ok to tell me about your pain." Sometimes the best advice is, "Break it down to one step at a time." Other times the wisest words we can offer are, "It's ok to stop trying."

Less pushing grit and more encouragement to forgive themselves.

Less shouting "You can do it!" from the sidelines, and more whispering "I'm here to listen."

Yes, there's no doubt that's exactly what so many need this month.

And maybe that's exactly what you need, too...



Talent Show Fundraiser

by Concord Coalition to End Homelessness

A shout-out for Talent Show Contestants! Showcase your special talent for a great cause! We are recruiting performers of all types to participate in our 2nd Annual Talent Show. Individuals interested in competing should visit

www.concordhomeless.org/talent-show to view the contest rules and apply to perform.

Deadline for submitting is April 1st. The Talent Show Fundraiser will be held May 1st at the Bank of NH Stage on Main Street in Concord, NH.

This is your chance to be a STAR!

Connecting in Love & Service



Mystery Match, Pandemic Style!

Drive-through and pick up your postcards on Sunday, March 7 between 1 and 2 pm

Decorate, color, paint, or just write all over them, but don't forget to mail them to your Mystery Match.

Dates to mail cards:

1st card between March 7-13

2nd card between March 14-20

3rd card between March 21-25

Reveal Party is on Sunday, March 28 at 11:30

Got BREEZE? It's so easy-breezy!

We have dozens of new Friends and Members, many of whom you've never met due to COVID! If you have a Breeze account, you can look them up and they can find you. Profiles can include photos so you can match names with faces! Just one more way technology is keeping us connected during COVID. The information on Breeze is always current; no more outdated addresses in a paper directory. Breeze works on your computer or your smartphone with a user-friendly app.

To get a Breeze account, email breeze@concorduu.org.

Anxiety Peer Support Group

Anxiety Peer Support Group

Wednesday, March 17 | 7:00-8:30 pm | Zoom | 1st & 3rd Wed going forward

We are excited to announce a new peer support group for adults who experience anxiety that interferes with their lives. We will hold our first meeting on Wednesday, March 17 from 7:00-8:30 pm on Zoom, and meet twice monthly on the first and third Wednesdays going forward. This is a place to share your challenges, your coping strategies, and resources that have been helpful for you. It grew out of church members sharing informally and wanting to connect with others; it does not replace professional therapy and appropriate medical care.

To participate, [please click here](#) to receive more information and a Zoom link for our meetings.



Church Library

As with many of our church functions, the church library is working remotely from the home of librarian Loren Hill; lohill@tds.net. If you want to know if we have a certain title, if you want to check out a book or two, or if you want to know what new books are in the holdings, please contact him via email. The tote bin outside of Fellowship Hall's front exit door still functions as the book pickup and return. He will contact you when he has the book(s) ready for pickup. **Keep reading!**

I walk down memory lane because I know I'll find you there.



Photos submitted by
Trudy Mott-Smith





Passover Seder Saturday, March 27th 5:30-6:30 pm

One of the beautiful rituals that comes out of our Jewish and Christian heritage is the celebration of Passover with a Seder dinner. This annual retelling of the story of how the Jews escaped from slavery in Egypt is also relevant to us as we continue to work for liberation in our own time. Whether a Seder dinner is a tradition from your childhood or a new experience, we invite you to join on Zoom for a reading of the Haggadah, the eating of ritual foods, and the singing of traditional Jewish folk songs. Please [sign up here](#) so we can send you the Zoom link and a list of foods to have handy if you want to join in the dipping of herbs, the eating of matzoh, and other symbolic elements of the Seder plate.

You DON'T Want to Miss this One!



Jackbox.TV & Watch Ya' Mouth Game

Pick up your Mouth Openers at the church before game night. They are in bags in the bin outside Fellowship Hall.

Saturday, March 6 @ 6-8 PM

Join us anytime from 6-8 pm for a new experience playing different games online together. Our Office Administrator Heidi Page's son Christian will host and help explain how it works. Up to 8 players will be playing a game and others can watch and cheer on the players. We will be playing while in a Zoom room to make it more fun by interacting.

Video: [How to play Jackbox Games](#)

[Join Zoom Room to Start](#)

Meeting ID: 717 813 038 **Passcode:** 724618

Connect to the games on your phone or tablet at: [Jackbox.tv](#)



SPRING PLANT SALE

Submitted by Jim Downie

The church plant sale is back for 2021! We have re-invented the annual plant sale to meet the safety needs of the (hopefully waning) COVID-19 era and still offer an exciting and wide array of vegetable and herb plants to our gardening friends. Looking forward to gardening this spring but not to elbowing your way through the crowded gardening retailer, hoping your favorites are in stock that day? RELAX, because we've got you covered! This year, in collaboration with Red Gate Gardens in Loudon, we are offering the ability to pre-order from a list of over 60 varieties of professionally grown, USDA certified organic vegetables and herb starts. All plants come in 4 packs and cost \$5.00/pack. It's easy, just click the attached link to the order form and download the form, which can be filled and submitted on your computer or printed out and submitted by email or mailed to the church. Don't need four of one thing? Get together with some friends and put together a group order you can divvy up yourselves. The order cutoff date is 4/19, but order early to better guarantee availability. The plants will be shipped to the church for pick up and payment (via cash, check or credit card) on Friday and Saturday 5/14 and 5/15 in the courtyard outside Fellowship Hall rain or shine.

Send orders and questions to me, Jim Downie, at jdownie@tds.net (I can email order forms as well) or text questions to (978) 818-0138. I'll confirm receipt and keep you abreast of any issues and confirm the pick up times.

All proceeds go to the church.

[Click here for order form](#)



March

BIRTHDAY WISHES

03..... Corbin Wild	15 Marianne Fleischman
05..... Dick Bennett	16 Leila Blackburn
05..... Everett Benthem	16 Bill Faulkner
07..... Kitty Hok	16 Nancy Morse
07..... Gus Kazakis	18 Lily Butcher
07..... Erin Waters	18 Joe Sewell
08 Barbara Lambert	20..... Bodhi Smith
10 Julia Hyndman	21 Deborah Bruss
11..... Sarah Fleischman	21 Jack Wakelin
11..... Elliott Pollard	23..... Lorna Landry
13 Patrick Millerick	26..... Hannah Miller
13 Alison Stuart	29..... Jennifer Star
14 David Brown	31 Loren Hill
14 Richard Frye	31 Ellie Pingree
14 Pema Nair	31 Griffin Richardson

Board of Trustee February Meeting Highlights

Submitted by Zoe Picard

- Discussed the Hospitality and Inclusion chapter of Widening the Circle of Concern. The conversation focused on ways our congregation can [develop practices and policies that foster diversity and anti-racism](#).
- Discussed objective to bring Bylaws into alignment with Governance addressing current inconsistencies.
- Planned another two-hour “Policy Picnic” to progress or complete projects related to Governance Policy and Bylaws.
- Participated in February 21 Sunday service, offering personal reflections on our study of [Widening the Circle of Concern](#) and also the recent [UUA Side With Love service](#).

Taizé Service

Second Sundays @ 7 pm

(October to April)

Live Streaming

ConcordUU.org/live



Join us for an hour of

Meditative Singing

with instruments,

a brief reading, silence, and candlelight.

“A time of beauty and peace for body & spirit.”

A contemplative and spiritual experience
for people of any faith tradition or none. All are welcome!



We wish you a happy spring equinox, although we are not offering a ritual this year.

MARCH

Special & Ongoing Events

Please see our calendar online for the most up-to-date listing of events happening:

www.concorduu.org/calendar

Remember to keep your eBulletin for private Zoom links

All meetings & rehearsals are through Zoom unless otherwise noted.

Links are available through private emails or public calendar listings.

Wednesday, March 3 @ 3 pm | **Friendly Kitchen Prep & Serve Day**

Thursday, March 4 @ 7 pm | **Showing Up for Racial Justice***

Saturday, March 6 @ 6 pm | **Watch Ya'Mouth & JackBox.TV Game Night**

Sunday, March 7 @ 8:30 pm | **POP Parents of Preschoolers**

Sunday, March 7 @ 1-2 pm | **Drive-thru Pandemic Postcard Pick-up**

Sunday, March 7 @ 1-3 pm | **Exploring Membership Group #3**

March 7-13 | **Be sure to send out your first postcard**

March 14-20 | **Send out your second postcard**

Friday-Sunday, March 19-21 | [Alone Together 7th Annual Retreat](#)

March 21-25 | **Send out your last postcard with enough time to get there before Sunday.**

Saturday, March 27 @ 5:30 pm | [Passover Seder](#)

Sunday, March 28 @ 11:30 am | **Pandemic Postcard Mystery Match Reveal Party**

Mondays @ 6 pm | **Yoga/Meditation**

Mondays @ 6 pm | **LGBTQ+ AA mtg Come As You Are***

2nd Tuesdays @ 1 pm | **Chronic Pain Support Group***

NEW! 1st & 3rd Wednesdays @ 7 pm | **Anxiety Peer Support Group (Starts March 17)**

Thursdays @ 7 pm | **Choir**

Fridays @ 7 pm | **Youth Group**

3rd Fridays @ 4 pm | **Insight Meditation Sangha**

2nd Saturdays @ 4 pm | **Renaissance New England***

Sundays @ 5 pm | **Augustine***

4th Sundays @ 7 pm | **Caring for Aging Loved Ones**

**Support or special interest groups that meet at the UU (due to COVID meeting on ZOOM) who are not affiliated with the church, but open to anyone interested in attending.*

7th Annual Retreat | March 19-21 | Click to [Register](#)



Growing Spiritually

Staff

Senior Minister | Rev. Michael Leuchtenberger
715-7557 (cell), michael@concorduu.org

Minister of Lifespan Faith Development

Rev. Lyn Marshall
224-0291 x3 (office) 568-8084 (cell),
lyn@concorduu.org

Dir. of Membership & Administration

| Lea Smith
224-0291 x4 lea@concorduu.org

Office Administrator

| Heidi Page
224-0291 x2 heidi@concorduu.org

Accompanist

| Calvin Herst
calvin@concorduu.org

Choral Ministry Assistant

| Kate Huizinga
kate@concorduu.org

A/V Production Assistant

| Alex Woody
A/V Operations Assistant | Noah Leuchtenberger

Finance Assistant

| Christina Oliva
Custodian | Agnes Sesay

Officers

Treasurer | Karen Mayo

Custodian of Trust Funds | Jack Wakelin

Assistant Treasurer | Lorraine Ellis

Moderator | Barbara Keshen

Clerk | Sara McNeil

Board of Trustees

Chair | Ann Hoey

Vice-Chair | Kelly Mahony

Secretary | Zoe Picard

Anne Drewniak

Jim Schlosser

Tom O'Brien



Office Currently Closed

Merrimack County is currently in the red for COVID cases. Due to higher transmission our office is closed to appointments. Please do not hesitate to reach out if we can help you in any way, we can be reached my email or phone at (lea@concorduu.org or 603-224-0291 ext 4#) or Heidi at (heidi@concorduu.org or 603-224-0291 ext 2#).

We miss you all very much and hope that we can gather again in the not too distant furture.

Parish Notes Deadline Schedule:

ISSUE	DUE
April 2021	Wed. March 17

Please email articles and images by end of day to ParishNotes@ConcordUU.org

eBulletin

Information for the upcoming week's events, happenings, and announcements are due at 6 pm on Wednesdays of each week.

Please email short articles and images to ebulletin@ConcordUU.org



Unitarian Universalist Women's Federation

advancing justice for women and girls and promoting their spiritual growth

Sermon Award Call for Submissions | Monday, March 22

In a time when our country is examining anew the harms of racism, the Unitarian Universalist Women's Federation is looking at our faith and our work through an anti-racist lens. We are eager to embrace and center the voices of women of color. In order to do this, we need to learn more about both the harm we've caused and the perspectives we've ignored. As a disproportionately white faith movement, Unitarians, Universalists, Unitarian Universalist women and the Unitarian Universalist Women's Federation have contributed to the damage that White Feminism has done to women of color in the US. White women contributed significantly to the election of Donald Trump and perpetuate the oppression of our sisters of color regularly in many more damaging ways (some overt and some more subtle). Meanwhile, women of color have carried the weight, struggle, and vision for women's freedom in spite of being overlooked and excluded by our white sisters. BIPOC women have organized, engaged, supported, and given voice to the power and promise of intersectionality, and have repeatedly served as the backbone for Black Lives Matter, Standing Rock, and several critical electoral races across the country – including the defeat of Donald Trump and the shift of power in Congress in the 2020 elections.

Therefore, UUWF challenges UU women to explore feminism through an anti-racist lens and join us in seeking deeper understanding of the harm of White Feminism and the wisdom and leadership of women of color in the women's movement. To do this work, we need to understand our roles in upholding white patriarchy and, in the case of white women, do so without depending on the labor of BIPOC women. We also need to embrace the wisdom and leadership of women of color for a more intersectional, inclusive, and just approach to women's liberation.

We ask ourselves:

- How can UUs expand their understanding and practice of feminist theory from a womanist or BIPOC perspective?
- How can UUs help heal the harm done by excluding and diminishing women of color in feminist theory and practice? How can we navigate "right" roles for white women and women of color in feminist healing?
- How can UUs become more racially conscious participants in feminist thought and address the toxicity of white-centering feminist practices?
- How can UUs humbly welcome and embrace the feminist thought leadership of women of color? How do we avoid tokenism, fragility, and over-reliance on women of color to carry the burden of this work?
- How can white women and women of color join forces more authentically, equitably, and fully?

****We use the general term "women" to include cis-gendered women, femme/nonbinary identifying folks, and trans women.**

On this theme, we invite all UU religious professionals and laypeople of all identities and genders to submit their sermon text. The deadline is March 22nd. Full details are available on our website.

www.uuwf.org | Contact us: uuwf@uuwf.org



UPDATE FOR GA YOUTH AND YOUNG ADULTS AT GA (YA@GA)

We are excited to announce that the 2021 Youth and YA@GA staff teams have been hired by the UUA. Look forward to public introductions from the teams in early March! The youth and young adult leaders will be training in the spring in emergent facilitation, hoping to help craft spaces for young UUs that are responsive, engaging, and fun!

New this year: Financial aid for General Assembly will be distributed via self-selection. If you need to take advantage of sliding scale pricing, please use one of the cost reduction options available during registration. Additional funding from the Office of Lifespan Faith Engagement for UU young people will be advertised in early April.

[Register Now!](#)

REV. DR. NATALIE FENIMORE NAMED PREACHER FOR THE General Assembly 2021 SERVICE OF THE LIVING TRADITION

Rev. Dr. Natalie Fenimore is Minister for Lifespan Religious Education at the Unitarian Universalist Congregation at Shelter Rock in Manhasset, NY, the former President of the Liberal Religious Educators Association, and former Vice President of Star King School for the Ministry's Board of Trustees.

Please join us **Thursday, June 24 at 6:00 p.m. CDT** for the Service of the Living Tradition. This annual worship service at General Assembly is where we honor fellowshiped and credentialed religious leaders, remember those who have died, recognize those who have completed active service, and welcome those who have received fellowship or credentialed status in the past year. The service includes a collection to benefit the Living Tradition Fund.



Volunteer Opportunities at GA <https://www.uua.org/ga>

General Assembly Programs & Schedules for All Ages <https://www.uua.org/ga/program>

Unitarian Universalist Church of Concord

274 Pleasant Street
Concord, NH 03301-2551

603-224-0291

office@concorduu.org

www.concorduu.org

RETURN SERVICE REQUESTED

A photograph of a child swinging on a swing set under a large tree at sunset. The sky is a mix of orange, yellow, and blue, with some clouds. The child is in the middle of a swing, and the tree's branches are visible in the foreground and background.

GOD IS...

by Whitney Howarth

God is the radiance of abundance
That fullness of the 4 pm light pouring my window
Soaking up my bed cloth

God is warm, thick, cozy
When I cuddle my child on couch under purple furry,
legs tangled, fingers sticky
With honey dew and cartoons

God is that quiet calm holding space for
my Midnight anxiety, sleepless merging with panic,
Calculating fears and counting losses,
That Stillness that assures morning light comes and
Hope dawns and my faith in LOVE will be
REBORN.