



"Let The Cracking Begin"

**So now we are old and have given and gained much through the years,
Many happy times we recall and, yes, some times of grief and tears.**

**But if we dwell only upon the times of sadness and grief,
We think only of ourselves, not others, and we find no relief.**

**When we wrap up in ourselves, we become like a seed,
Sheltered by our shell but oblivious to other's need.**

**There we can stay through the winter of our life,
Useless to others filled with bitterness and even strife.**

**So like that seed pod or shell, let's determine not to remain,
Let us give to others, open our shell, and bear fruit again.**

**It's a choice when we are old, this happiness of ours,
So good thoughts of helping others should fill our hours.**

What can we do, what can we say, just to help others to have a good day,

As we help and listen to the cares of others, we will feel the ray,

Of bright sunshine coming and the soft comfort of rain we will not lack,

On the shell we have built and we find ourselves beginning to crack.

Cracking is not bad, just exposes the good seeds within,

So think positive thoughts and let the healing begin.

And don't grieve over the years and the life that has passed,

But still be the tree that gives shelter until we have breathed our last.

By Louise Hall