



Knowing
trees, I
understand
the meaning
of patience.
Knowing
grass, I can
appreciate
persistence.

In the midst of struggle, character often emerges. Patience shows up as forbearance and calm; persistence appears as endurance and resolve. Caregivers and supporters all around us, equipped with skill and hope, are human trees and grass – they change our experience of fragility through the character they embody.

We can meet these days with persistence.

We can persist in providing daily self-nurture. The disruption of our familiar rhythms can be an opportunity to actively create space for small acts of self-kindness. We can consciously shift words we say to ourselves. We can actively change a habit or mindfully adjust a routine. Each day can be a day of simple but significant renewal.

We can persist in protecting those who are vulnerable. The truth of our interconnectedness can reveal to us new ways to serve those in our community who suffer. We can act to ease loneliness, to provide comfort, to guard fragile health. Even from a distance we can call or pray or encourage and thereby stand with our neighbors who otherwise would bear their need alone.

We can persist in investing in a meaningful today. The awareness of our fragility can spur us to live fully in the present. We can focus on those precious few things that infuse purpose into our life. We can devote a few more moments to expressing our thanks, to expanding our understanding, to feeling our joy, wonder, or awe. By giving attention to what matters, we may live with new fulfillment.

The building blocks of each deliberate day then begin to shape the foundation of an abundant tomorrow.

*What small shift of kindness can I direct toward myself?
How can I show sensitivity to someone else?*

Hal Borland
(1900-1978)
Author