

"Forgiveness Is..."

Forgiveness is...

Finding relief from grief,
for grief can consume you,
trying to capture that which was lost,
like the elusive butterfly,
leaving you spinning in sorrow
in a fruitless pursuit of what was.

Forgiveness is...

Finding peace from guilt,
for guilt can weigh heavy upon you,
like the sultry humidity of a southern summer,
a blanket of turmoil and self-hate
carrying the luggage of pain through the airport of life.

Forgiveness is...

Freedom from grudges,
for grudges absorb your creativity
like a thirsty sponge
in what is the most worthless of all causes
becoming a noose
to strangle your positive energy.

Forgiveness is...

Rising from the ashes of the past
with the will of a Phoenix,
lifting with new-found wings,
casting off the chains of anger,
seeking to soar.

Forgiveness is...

Like the back of an intricate tapestry.
All the little knots and tangles
represent your hurts, your pain
that once turned over
reveal the work of art that is...you.

Gary F

South Carolina

Thank You FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

Gary concludes with an intriguing metaphor. He says that each of us is like a tapestry – something with all kinds of “knots and tangles” on the back, but a beautiful work of art that’s visible to the world. Can we let our hurt and our pain be part of who we are, yet still be open, loving, forgiving, and beautiful?

What are some steps we can take to try to achieve this?

We’d love to hear what you thought of the piece, or if you’ve had any meaningful conversations as a result. Or perhaps you’d like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

**Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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