

## Strength

Sweat drips from my nose, my shaking muscles are strained.  
I try to dig deeper, but my stamina's drained.  
With no one to push me, my motivation has waned.  
And without encouragement, I can't endure the pain.

It's getting harder to breathe, as I collapse to the floor,  
From the weight of the iron - or maybe loneliness - I'm not sure.  
"We'll do 'em together" - a group comes in through the door.  
They fall in beside me: "C'mon, man, you got 10 more!"

I can lift so much more with my team than I can on my own.  
I've got more strength in my muscles, more life in my bones.  
It's true what they say: you want to go fast - go alone.  
But if you want to go far, go together as one.

Dustin R  
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!

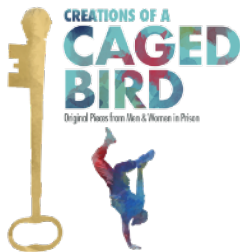
***Can you think of a time when you felt like giving up – maybe in the weight room or gym, or at work, or someplace else – and a team of supporters encouraged you to keep going? Or do you recall a time when you were part of a team that did this for someone else?***

***When have you experienced firsthand the reality that we are often stronger, and better, together?***

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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