

'Meditating'

By Jorge Argueta

What if we see the
pandemic
As a hard blessing
And a cue to reflect
That truly
Life is beautiful
And we need to see
ourselves
As family
Without distinction
And love each other
And learn to give ten-
derness
What if we learn to
love
Our Mother Earth
And take care of our-
selves
And take care of her
What if in our isola-
tion
We learn to listen to
each other
With understanding
And look with wonder

at every pebble
Every shadow
What if we marvel
At the sunset, at the
song
Of a bird
At a droplet of water
And what if we listen
With a new ear to the
children
And the elders
And what if we search
inside ourselves
And realize
We actually don't
need a lot
That the ultimate
beauty
Is what we now
Miss so much
To hug
To look into each oth-
er's eyes
That we really lack for
nothing

*Translated from Span-
ish by Elizabeth Bell*

The poem, *Meditating*, by Jorge Argueta inspired my heart to be hopeful for the earth, our home. Just as God created the earth and every living thing that shares it with us, God gave us hope through the Holy Spirit. Hope inspires us, it gets us through difficult times, past our mistakes, and toward solutions. Hope fills my heart with possibility and possibility moves me to act, teach, and create new and better ways of living. Just as Jorge's words inspired hope in my heart, the hope I put in the world will inspire others. That is how change begins.

As Dominicans, we must share the hope of God's grace with others to inspire them toward the difficult changes that must be made for our beloved home.

Lamentations 3:28-30

When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don't ask questions: Wait for hope to appear. Don't run from trouble take it full face. The "worst" is never the worst.

The Message