**Wage Peace**

Wage peace with your breath.

Breathe in firemen and rubble, breathe out whole buildings and flocks of redwing blackbirds.

Breathe in terrorists and breathe out sleeping children and freshly mown fields.

Breathe in confusion and breathe out maple trees.

Breathe in the fallen and breathe out lifelong friendships intact.

Wage peace with your listening: hearing sirens, pray loud.

Remember your tools: flower seeds, clothes pins, clean rivers.

Make soup.

Play music, learn the word for thank you in three languages.

Learn to knit, and make a hat.

Think of chaos as dancing raspberries,

Imagine grief as the outbreath of beauty or the gesture of fish.

Swim for the other side.

Wage peace.

Never has the world seemed so fresh and precious.

Have a cup of tea and rejoice.

Act as if armistice has already arrived.

Don’t wait another minute.

*By Mary Oliver*

7-17

**I Will Forgive You**

I will forgive you  
The words are so small;  
But there is a universe hidden in them

When I forgive you  
All those cords of resentment pain and sadness that had wrapped themselves around my heart will be gone.  
  
When I forgive you,  
You will no longer define me

You measured me and assessed me and decided that you could hurt me  
I didn’t count  
But I will forgive you  
Because I do count  
I do matter  
I do matter

I am bigger than the image you have of me  
I am stronger  
I am more beautiful  
And I am infinitely more precious than you thought me

I will forgive you  
My forgiveness is not a gift that I am giving to you  
When I forgive you  
My forgiveness will be a gift that gives itself to me.

*By Bishop Desmond Tutu*

7-18