## All in the End is Harvest

A bereaved woman described the snowdrops she was sent as ‘a point of hope’. Again and again natural beauty brings symbols: symbols of a new stage, a step forward, or symbols for the future. Again and again, too, the days and seasons reflect our feelings. It does undoubtedly calm us to reflect on the awesome age and grandeur of mountains, the limpid tranquillity of lochs and burns, huge waves curling over rocks and sending up high plumes of spray, or the palest green velvety leaves of beech woods, shot through with sunlight – even if the result is what Hesse calls ‘sorrow-steeped enchantment’.

More importantly, we might gain either slowly or dramatically a sense that we are at home in the universe, a sense of tranquillity within the accustomed patterns, a tranquillity that might gradually take away the fear and alarm from our lives

Ed. Agnes Whitaker

## Someday Life Will Get Better.

I know you are sad today

and I wish I could help you get past your hurting…

But sometimes, it seems we just have to hurt a while,

and no one can show us the way out.

We have to find it for ourselves when the time is right.

For now, just know that it’s alright to hurt,

because I will help you with your hurt.

It’s all right to cry;

I will share your tears.

It is only through crying

that you learn what it is really like to laugh;

Only after feeling sadness

can you really experience joy.

To allow yourself to feel what comes naturally,

but to know that someday life will be easier…

It will be easier to smile.

Larry S. Chengges