AWESOME stories

Renewal



When the rigors of work overwhelm me,
When the day-to-day strain is too much;
I need a safe place I can go to,
I need a safe harbor for rest.

I never thought much of respites,
I was above needing them
Until I got sick ... then I worried
My life would be over too soon.

Now I take time when I need it -
Though sometimes it isn't enough -
To rest for a day or for a whole week.
There are times when I need to escape.

I've found the safe harbor I turn to
When work overwhelms my whole life.
It's an island that's blessed with such beauty
Only God could have made it that way.

The house stands on top of a mountain,
The view leaves me speechless each time.
The beach at its base is the best in the world;
To me, this is God's paradise.

Each evening the sky is a sketchbook
Of stars I am sure I can touch.
When I stand at the window and stare up above
I'm amazed I've been given so much.

I was changed at the end of the first week;
The island's now part of my life.
It pulls me back whenever I'm worn;
I cannot resist its strong tug.

On this island of much matchless beauty
I can rest without cares or concerns.
Within a short time my strength is renewed;
I'm ready to go back to work.

Yet ... I know the next time I'm tired,
Overwhelmed with the day-to-day strain,
I will go to the mountain where the view is superb.
The island is beckoning me.

But when I can't get to the island,
In the greater part of the year,
I still need to carve-out a piece of each day
For renewal, reflection and rest.

On normal days it's a struggle
To find ten minutes to think
About what I must do and where I must go;
Life is a nonstop event.

But I need to resist the temptation
To let outside influence control;
My life is my own to direct and to guide;
Inner strength will move me ahead.

If I don't give myself time to ponder
About life and the people I love,
I won't have the strength that I need for each day,
I won't have the wisdom to lead.

I have felt the strength of renewal,
I know its incredible force;
The need is to make time where it doesn't exist,
To develop learned habits of choice.

Credits:

The title poem from *Life Is a Non-Stop Event*, a book of poetry by Carole Bos.

See Alignments to State and Common Core standards for this story online at:
http://www.awesomestories.com/asset/AcademicAlignment/Renewal

See Learning Tasks for this story online at:
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Renewal
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