

Some words of wisdom Pauline wished to leave with you...

The Journey

*One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.*

*But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.*

*It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.*

*But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,*

*as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.*

Mary Oliver



If I Be the First of Us to Die

Be still.

Close your eyes.

Breathe.

Listen for my footfall in your heart.

I am not gone but merely walk within you.

Nicholas Evans



"To laugh often and love much... to win respect of intelligent people and the affection of children... to leave the world a little better... to know even one life has breathed easier because you have lived - this is to have succeeded. " - Ralph
Waldo Emerson

