

**CHANGE**

By Jill Kimberly Hartwell Geoffrion

(Dedicated to Jillian Rose and her mother)

May be a dream –

May be a plan –

May be a thought –

May be a belief –

Can you let it go?

May be a habit –

May be a discipline –

May be a feeling –

May be a tenseness –

Will you release it?

The trees can guide.

The leaves can instruct.

The wind will issue its threats.

The sun's messages are sure.

When it's time, things change.

Cling if you wish.

Restrict. Constrict.

Hold on as tightly as you can.

Turn away from the shift you sense approaching.

It matters not.

One season leads to the next.

Pay attention.

What time is it?

Wake up!

Embrace this moment. Let it embrace you.

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**BLESS SOPHIA:**

**Worship, Ritual and Litany  
of the Re-Imagining Community**

**Sue Swanson  
Editor**

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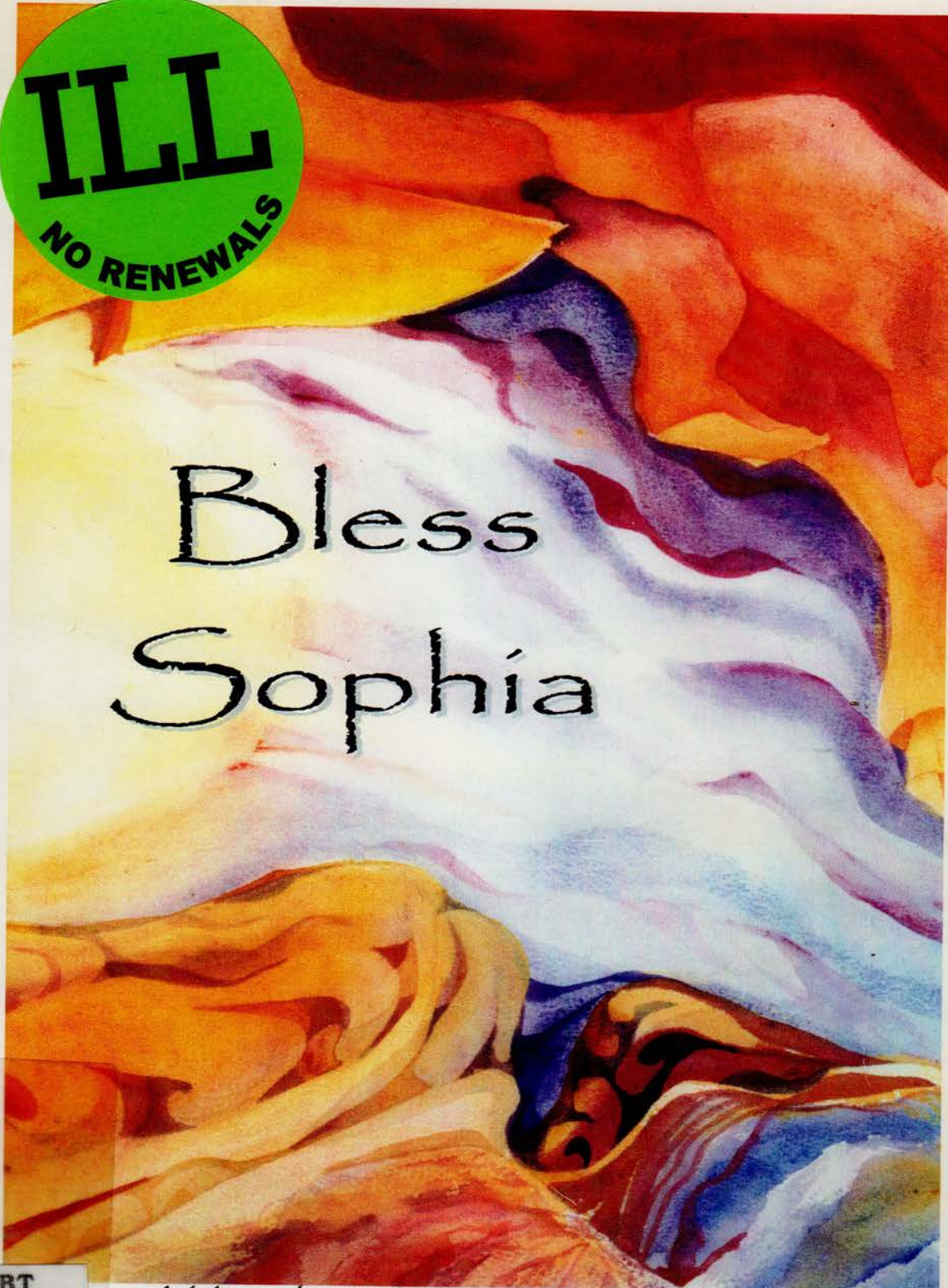
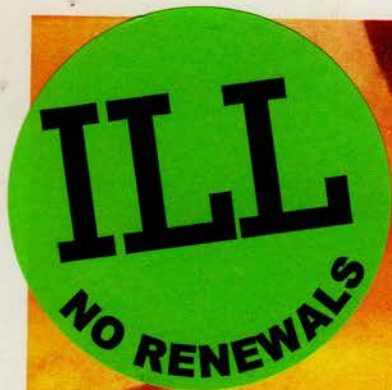
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