

## **LOOK TOWARD THE FUTURE AND BELIEVE**

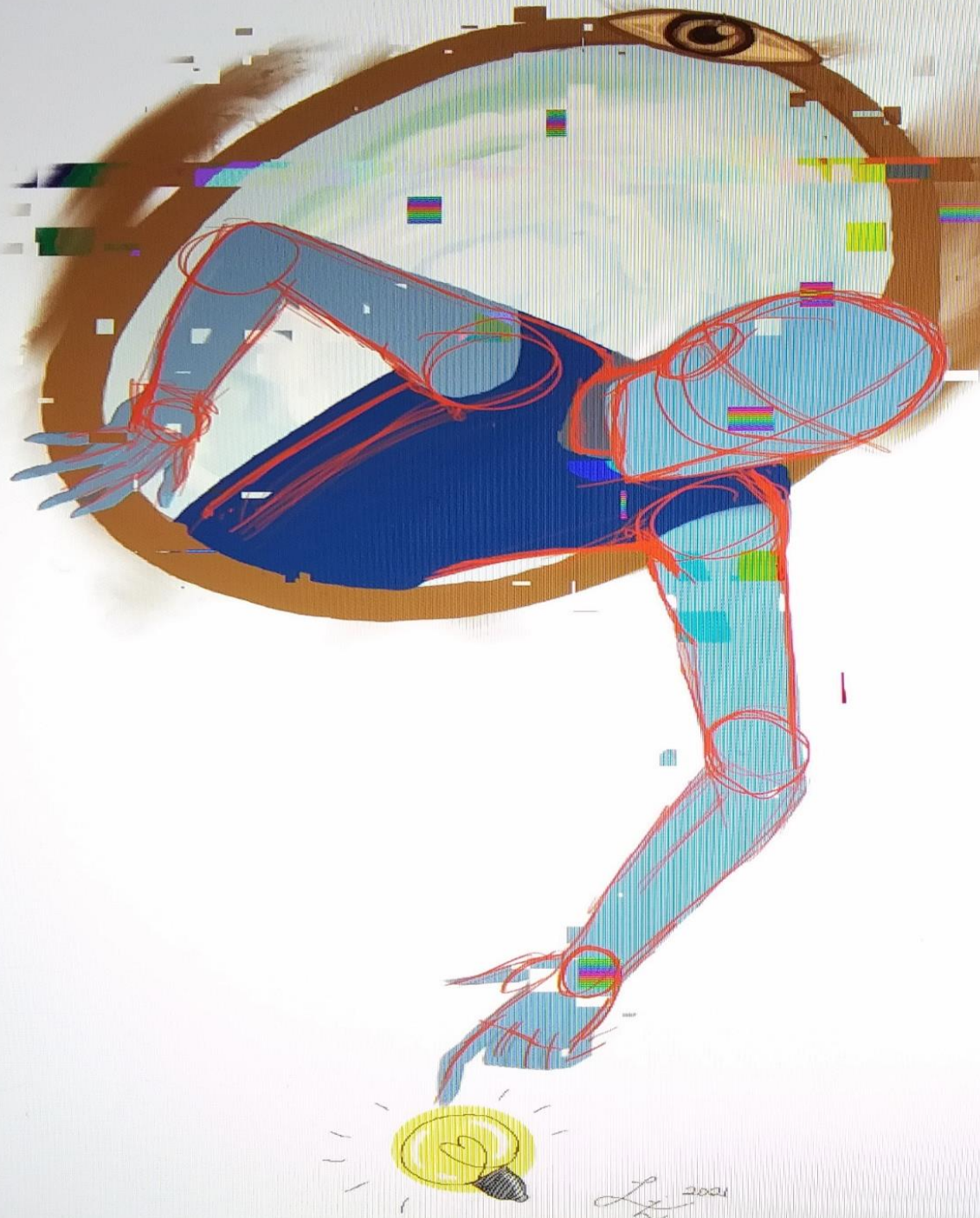
As the day comes to a close, I settle into my favorite chair to write a letter to one of my oldest and dearest friends. I begin letting the words flow from my heart as I write, "My dear friend, we've been through many trials and tribulations in your life. Now I really wish we could spend our days taking the time to **"Look Toward the Future and Believe."**

Believing that each day can be better than the next, that every new step you take toward recovery can lead to wellness. Believe in yourself and you can change your future into whatever you choose it to be. Believe and look toward the day when you can start allowing more trust in others and relationships to build. It's good to have those who care about you and support you when you need them. Believe that I care for you, my friend, and believe in you, for we are one and the same.



**Sincerely,  
Myself**

**Rebecca Thompson (February 2020)**



**Me  
I have a creative artist  
Deep inside of me  
She has a universe of ideas  
That are as fanciful as can be**

**She distracts me with images  
When I've got other things to do  
She's bugged me and she nagged me  
All throughout my youth**

**She gives me a different perspective  
Deep inside my soul  
I'm always in suspense  
And never in the know**

**I love the adventure  
Unique as it can be  
I'm so proud to have her  
As a special part of me**

**LZ 2/11/21**





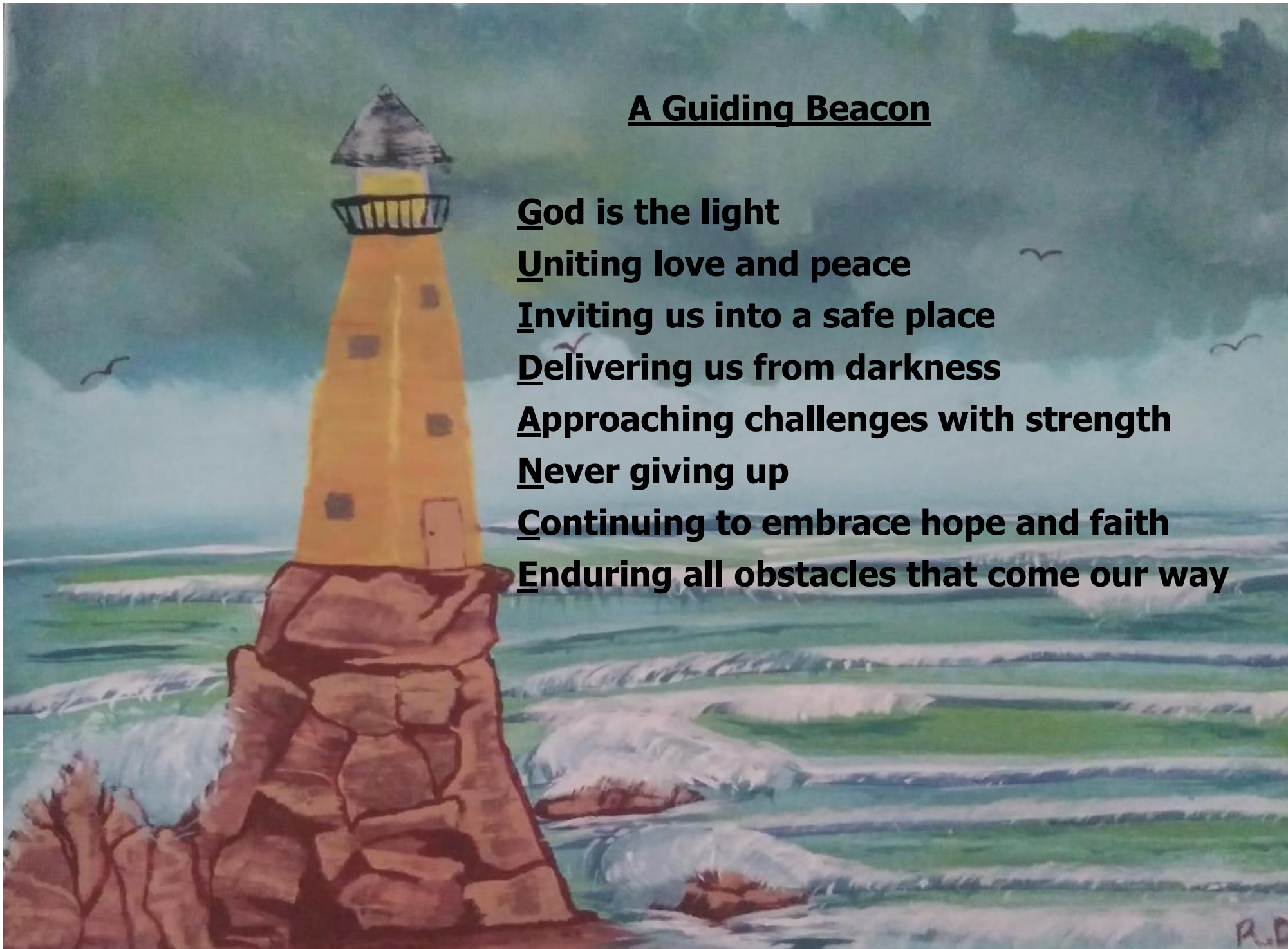
“

**While the sky is dark, the lighthouse is a beacon of hope.  
Despite negativity and pain in my life, I see strength with what lies before me.”**

**“The sky is colorless, but the birds are active. The ocean waves are rolling in, calming my demons, with lighthouse showing me the way to my Lord which gives me support and hope.”**

**“The light shines in darkness, and it lightens, no matter how dark.  
The light reduces fear, as the path becomes clear.  
The water reflects the dark and the light.  
I choose where I focus.”**

**“No matter what storm comes your way, there is always a safety light if you look for it.”**



## A Guiding Beacon

God is the light

Uniting love and peace

Inviting us into a safe place

Delivering us from darkness

Approaching challenges with strength

Never giving up

Continuing to embrace hope and faith

Enduring all obstacles that come our way



# **LYRICS FOR “BLOSSOM”**

## **KERLI**

**A frozen heart beat under the snow  
I’ve been waiting, ready to grow  
Shivering and weathering storms  
Dreaming of some other place warm**

**While my roots hid deeper inside  
And my leaves stay bundled up tight  
I felt my faith get bigger than life  
Not only did I survive...**

**I learned to blossom, finding sunlight in the grey  
Knowing I will be okay  
I learned to blossom, finding sunlight in the grey  
Through a lifetime with no rain  
I’ll blossom**

**Wilted voices ghostly in wind  
Whispering “this could be the end”  
Why are they forgetting me not?  
Can’t they see I’m hurting enough?**

**While my roots hid deeper inside  
And my leaves stay bundled up tight  
I felt my faith get bigger than life  
Not only did I survive. . .**

**I learned to blossom, finding sunlight in the grey  
Knowing I will be okay  
I learned to blossom, finding sunlight in the grey  
Through a lifetime with no rain**

**I learned to blossom, finding sunlight in the grey  
Knowing I will be okay  
I learned to blossom, finding sunlight in the grey  
Through a lifetime with no rain  
I’ll blossom**

**And I’ll bloom  
And I’ll bloom  
And I’ll bloom  
Hey, hey, hey, hey**

**Writers: Kerli Koiv, Ago Teppand**

**THESE LYRICS, PROVIDED HERE FOR EDUCATIONAL  
PURPOSES ONLY, INSPIRED THE ART WORK CREATED  
BY LIZ KRIVICH.**



Liz  
2019

**THE FOLLOWING POEM WAS INSPIRED BY THE ART WORK, BLOSSOM, CREATED BY LIZ KRIVICH**

**I peer above my arms crossed before me, protecting me, shielding me.  
Enmeshed in tendrils underlying the ground in a flower pot, holding me tight.  
My lips are hidden from view, my words silenced – for the moment.  
But as my eyes widen – with a bit of shock and amazement –  
I realize that I am not locked in place; rather, I have become a beautiful  
Work of live art, thriving and growing, rising to the sky, greeting the sun.  
My pathways to recovery are reflected in distinctly diverse interlocked  
petals and leaves  
Cascading patterns of red mixed with green, with darkness and light.  
While I still feel some sense of fear, I find myself becoming stronger,  
more resilient.  
While once I had envisioned myself mystically as a plant almost buried in  
a flower pot.  
I believe that I am just about ready to lower my arms, open my mouth  
and sing ...  
God, as exemplified by beauty, shields and graces me from above.**

**Diana Spore**

**(Published in “WRITING FOR RECOVERY – WRITING EXERCISES AND IDEAS:  
*To Incorporate into Personal Recovery Plans and Use in Writing Groups,*” Mental  
Health and Recovery Board of Ashland County, 2019, p. 88)**



**Stacey Roberts shared her theme song with us: *GO LIGHT YOUR WORLD*, by Chris Rice (please visit Go Light Your World Video by Chris Rice Music Video – YouTube, November 13, 2014)**

**Stacey was inspired to write the following poem after reflecting on this song and what it means to her:**

## **THE LIGHT**

**The One True Light has come into my darkness.  
He lit my life; my heart now burns so bright...  
Like a candle once snuffed out with pain and fear...  
It is now ignited – glowing, burning – a flame to draw others near.  
Near to His light.  
I carry this flame into the darkness around...  
To light those who He gives me to share His Love, to make it abound.**

**Stacey Roberts (10/2020)**

*The following poem is linked with the melody of "Favorite Things," and can be sung. It was written by a talented poetess who is a participant of Pathways Peer Support, Catholic Charities Services, Ashland.*

## **FAVORITE THINGS**

Sunlight and star light and small crickets  
chirping  
The wonders of nature, a waterfall gurgling  
Whispering leaves on a soft summer breeze  
These are a few things that make my heart sing

Music and writing, painting and creating  
Children in parks who are running and playing  
Light-hearted banter, a good-humored tease  
These are small things that have meaning to me

To embrace life  
Every minute  
Treat each one like gold  
When you have favorite things in your life  
You will never grow  
Too old

Moonbeams, dandelions, bright starry evenings  
Wind-chimes of glass with rainbow-like  
gleanings  
Words from the heart that ring honest and true  
These are some things that I love to see too

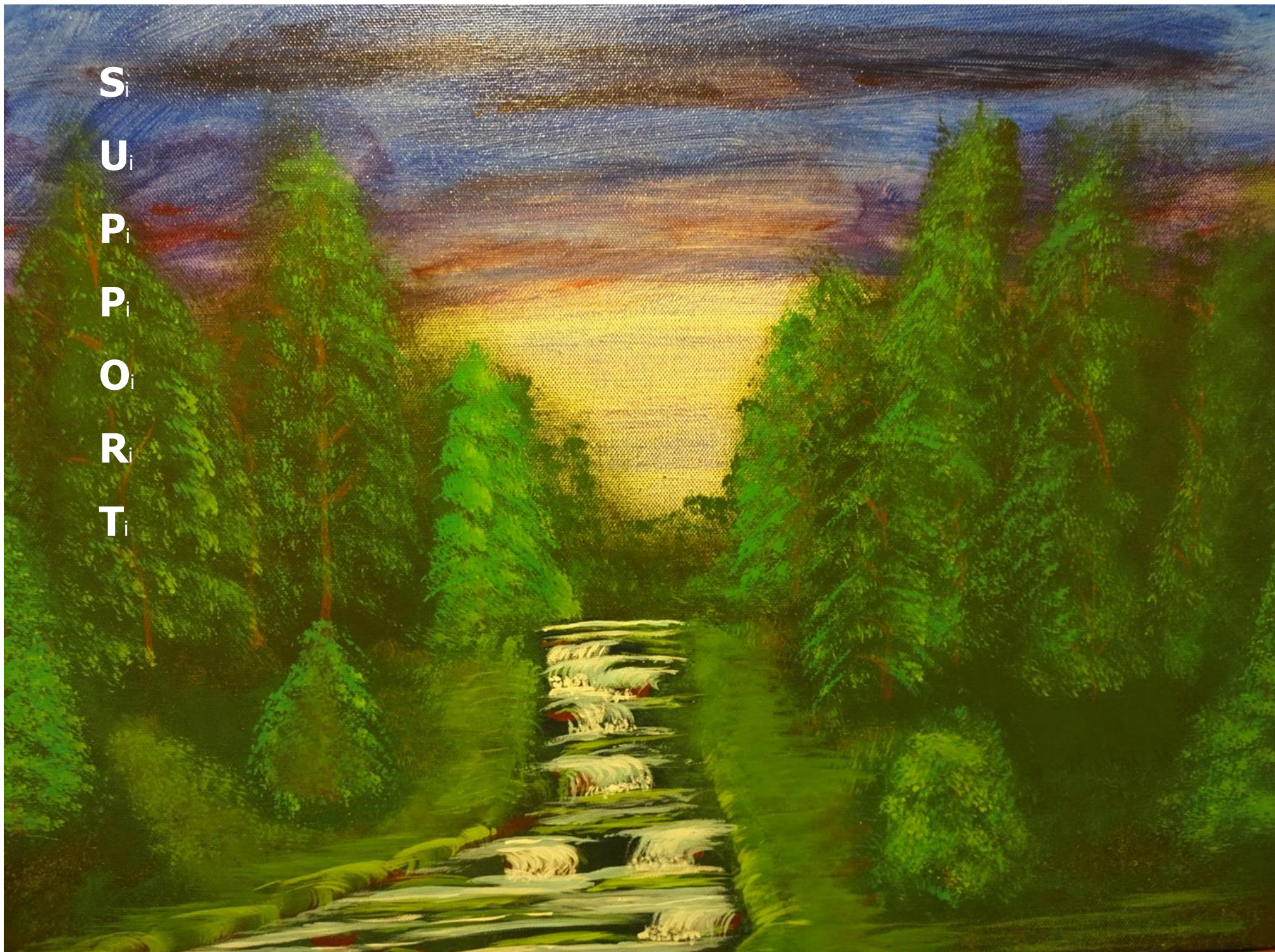
Goodhearted intentions with heartwarming  
stories  
Trusting and sharing and giving without glory  
Animals rescued, and finding good homes  
These are a few things that fill up my soul

To embrace life  
Every minute  
Treat each one like gold  
When you have favorite things in your life  
You will never grow  
Too old

par 10/25/2019



S  
U  
P  
P  
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## PANDEMIC GRATITUDE

- P**    *Practicing our faith freely.*  
**A**    *Always praying for healing and brighter days.*  
**N**    *Needed face masks, made by hand, filling orders county-wide.*  
**D**    *Dedicated volunteers handing out food to people in need.*  
**E**    *Emergency personnel working extended hours, with no regard  
for their own wellbeing.*  
**M**    *Mothers and fathers doing their best to calm the fears of their  
children.*  
**I**    *Ingenuity to meet the needs of hospitals' overflows.*  
**C**    *Coloring, writing, and reading pleasantly occupy time.*  
**G**    *Gratitude for family and friends who call to check in and talk.*  
**R**    *Relying on Peer Support to get us through the day.*  
**A**    *A radical virus has brought communities together to persevere.*  
**T**    *Thankful when good weather allows us to get out in the sun and  
breathe fresh air.*  
**I**    *Interacting safely from afar: talking, singing, dancing.*  
**T**    *Trying to adjust our lives to a new normal together.*  
**U**    *Undertaking new hobbies to keep our brains sharp.*  
**D**    *Defeating COVID-19 is what our isolation is about.*  
**E**    *Everlasting joy and love to all.*

*Susan Becker*