The path clearly set out and well defined;  
The borders and walkways carefully aligned;  
So in life the way may seem fixed, unchanged;  
Choices bounded on all sides, pre-arranged;  
Yet labyrinthal options at each step revealed;  
With pace and pause chosen the spirit is healed.

Seek out and share sweetness to be found;  
Along life’s paths that lead round and round;  
Fresh pleasures await in trails seen anew;  
Once hidden from sight are now in plain view;  
In the cycle of being, opportunities abound;  
To envision a world where love and joy resound.

Chaplain Sam Seicol  
samuel_seicol@meei.harvard.edu