

For Our World

We need to stop.
Just stop.
Stop for a moment...
Before anybody
Says or does anything
That may hurt anyone else.
We need to be silent.
Just silent.
Silent for a moment...
Before we forever lose
The blessing of songs
That grow in our hearts.
We need to notice.
Just notice.
Notice for a moment...
Before the future slips away
Into ashes and dust of humility.
Stop, be silent, and notice...
In so many ways, we are the same.
Our differences are unique treasures.
We have, we are, a mosaic of gifts
To nurture, to offer, to accept.
We need to be.
Just be.
Be for a moment...
Kind and gentle, innocent and trusting,
Like children and lambs,
Never judging or vengeful
Like the judging and vengeful.
And now, let us pray,
Differently, yet together,
Before there is no earth, no life,
No chance for peace.

Mattie J.T. Stepanek ©
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Hope Through Heartsongs
Hyperion, 2002
Just Peace: A Message of Hope
Andrews McMeel, 2006

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Dár Domhain

Tá orainn staid.
Níl ach staid.
Staid ar feadh noimead.
Roimh duine
Deireann no deanann rud
A ghortú duine eile.
Tá orainn a bheith ciún,
Níl ach ciún.
Ciún are feadh noimead.
Roimh a chaillimid go deo
An beannacht de na hamhránaí
A fásann inár gcroi.
Tá orainn breathnaigh.
Níl ach breathnaigh.
Breathnaigh ar feadh noimead.
Roimh a thiteann an todhchaí amach
Go dtí luaithreach agus deannach an chine daona,
Staid, a bheith chiún, agus breathnaigh,
In a lán bealach, tá orainn mar an gcéanna,
Is iad seoda uathúil ár difríochtaí,
Tá orainn, táimid, mósáice bronnánais,
A chothú, a ofráil, a glacadh.
Tá orainn a bheith,
Níl ach a bheith,
Bí chun noimead.
Chinealta agus mhín, neamhurchóideach agus muinéach.
Cosúil le páistí agus uain,
Ní go breitheamh agus chun díoltas,
Cosúil le hiad a bhíonn go breitheamh agus chun díoltas,
Ach anois, guímid le cheile,
I miain difriúil ach le cheile,
Roimh nach mbíonn domhain, nach mbíonn beatha,
Níl seans do síocháin.

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