For life and death are one, even as the river and the sea are one.
--Kahlil Gibran

Beannacht (Blessing) for Our Death
Tracey Schmidt's poetic reading of a Blessing for Our Death reminds us of the complexities of life - how we can be gatekeepers and entrance points, light filled and vulnerable, lonely and loved, all at the same time. She praises life and exhorts us to do the same, to "sing as if tomorrow will not come because one day it will not." This singing of life's praises enables us to live fully, "as if home were everywhere and you no longer a guest but a loved and welcome member."

Be The Change:
What in your life today causes you to sing its praises and to feel at home?