have written poems all my adult life, for the past 70 years. This particular poem was useful to Silvia and to me, as a positive preparation for each new day of the week. We used each verse as a meditation after breakfast.

Writing poetry, for me, is a valuable process of connecting with deep feelings and sharing the essence of an experience. A poem is an expression of creativity that records the meaning of an event. So, the poems are important ways of capturing the most valuable memories of my life.

Until last year I wrote, on average, one poem a month. Since I retired, I have had more time and am writing about two poems a week. This keeps my heart fresh and is a direct form of easy communication.

The Strengths of the Week

by David Boadella

When there is peace in our hearts
on the first day of the week,
then it’s time to recognise
all we have achieved
with satisfaction.

On the second day
we need to remember
all that we take in on our way
as nourishment for body and mind,
welcoming every chance
for renewal
with a deep kind
of acceptance.

The third day is time for trust
that life can move forwards
without any “must,”
listening to our inner calling,
as we breathe the fresh air,
happily, with no risk of falling
into despair.

The fourth day is making space for hope
that our deepest wishes can be met
even when the slope
in front of us seems steep,
there is no risk of disaster
if we can be open still to deep laughter.

The fifth day
is the deep breath
of optimism
that can fill our lungs
and flow through our body
to overcome pessimism
and act as a gift to take forwards
without the stress of anxiety.

The sixth day is without sorrow
as we look forwards with faith towards tomorrow
with all the time we need,
without having to speed.

The seventh day
greets us on our way
celebrating the end of the week
with all the help we could give to each other,
or take from another,
with thanks for all we could live through,
in seven days of enrichment.

Get ready for seven more days
and all within them that can brighten our gaze
and lighten up the next passage of our lives
with gifts of grace.

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