

## **Listen to Life**

*Wisdom in Life's Stories*

January 27, 2008

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A free newsletter about learning and getting more from life by paying attention to our own stories and the stories of others, based on the presentations, writings, photography and workshops by Dion McInnis ([www.dionmcinnis.com](http://www.dionmcinnis.com)). Copyright 2008 Dion McInnis. All rights reserved.

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Check out my new blog at [dionmcinnis.blogspot.com](http://dionmcinnis.blogspot.com) for poetry, rambles and musings

### LOSSES

There have been a number of losses recently, deaths that came as surprises or conclusions to long battles. Reflecting on these, while considering the new movie, "The Bucket List," I am quite aware of mortality, which reminds me of how we honor those near to us who have died. I recall this poem that I wrote for a woman to share with her colleagues about a friend who had passed away. Today, the poem seems somehow even more real.

### **Poem for the Dead, Poem for the Living**

She asked me for a poem, perhaps some lines  
Of beauty to mark the woman-friend's life of such  
Words to celebrate a life gone by  
Words to say "we love you this much."

In praising her friend's life past in a poem  
Would require words like "love" and "service"  
Also words "friend" and "colleague" appear  
I should pick words that don't make her nervous

In celebrating the long-friend now past  
Requires honoring life lived and loved  
It probably mandates gentle reflection  
And tributes to our God above

But to honor a woman whose life has past  
To recognize the lives she has touched  
Is to challenge all who miss her so  
And ask "will you do as much?"

Will we all live like our beloved did?  
Will we befriend like she did with her heart?  
Will we serve those around us every day?  
Will we love from the morning's start?

We honor our friend, our neighbor, our kin  
By pausing to reflect and to share  
We honor her more with the things we can do  
In her image of love, if we dare.

We miss our friend, our hearts ache so  
When we no longer hear her laugh and voice  
We can't look back, but can look ahead  
We really have little other choice

The choices we have are to live our lives full  
To hold and hug and cry  
To laugh and serve and love every day  
Until it is our turn to rest and die

My friend asked for a poem for a friend  
To express thoughts of love and beauty  
We honor who has passed and those still alive  
If we live genuinely and we live truly

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Listen to Life is an electronic newsletter that presents lessons for living by listening to life, based on the writing, poetry, photography, presentations and workshops of Dion McInnis. Stories such as these inspired the book, "Listen to Life: Wisdom in Life's Stories," published in 2005, available at Barnes and Noble, Amazon and Borders. Dion's next book will share his views of being father and son.

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