

On a Path

Suddenly, without any warning,
I veer off the beaten trail.
With no signs to direct me,
I feel desperate and so frail.
A dark and scary place is this.
I feel alone and hurt.
But up ahead I stumble on
Some footprints in the dirt.
Oh joy! I'm not alone now.
Someone else truly knows
The feelings I have tucked inside
--uncertainty and woes.
A stranger's footprint
gives me hope
Changing an "I" into a "We".
Oh I wish that I could help
someone,
The way that stranger's
helping me.
But what I don't yet realize
As I follow step-by-step
Is that someone is behind me
Who's just starting on this trek
Like me, they feel so lonely
Until they find some
comfort, too!
They 're now walking in the
footprints
Created by MY shoes.
We are comforted by strangers,
Both ahead and close behind.
When we share our stress
and troubles,
It brings us peace of mind.
As we walk along the road of life
With bends and paths
less traveled
We can cut our sorrows
right in half
By sharing them with others. —Barbara J. White