

Life

**I am drawn to the sea,
To rest,
To renew the rhythm of my soul.**

**Life's pulse is here
And I come and I listen
To the sound of the waves
And the screech of the gull.**

**My feet are planted in the warm sand.
My eyes can see forever,
As the sea and sky blend to one.
The salt is on my lips,
And my ears witness the rhythm.
My breathing slows.**

**God fashioned me
In this same salinity and rhythm.
He knit me together in my mother's womb.
I am His child.
My heart joins the rhythm.
And my soul rejoices in this gift.....
Life!**

Dennis F. Maher