



Know that we hold you in our hearts and pray for your well-being!

Today's reading for the Feast of the Annunciation seemed particularly fitting and reassuring, "Do not be afraid! And Luke concludes with "nothing is impossible with God!" How we need to remember that in these uncertain times! A friend sent me a poem by Mary Oliver recently entitled "Worried." This is a slight variation of Luke's account, but still fitting . . .

### Worried

By Mary Oliver

*I worried a lot. Will the garden grow, will the river  
Flow in the right direction, will the earth turn  
As it was taught, and if not how shall  
I correct it?*

*Was I right, was I wrong, will I be forgiven,  
Can I do better?*

*Will I ever be able to sing, even the sparrows  
Can do it and I am, well,  
Hopeless.*

*Is my eyesight fading or am I just imagining it,  
Am I going to get rheumatism,  
Lockjaw, dementia?*

*Finally I saw that worrying had come to nothing.  
And gave it up. And took my old body  
And went out into the morning,  
And sang.*

Keep singing and place your worries in God's loving hands!

The Women's Table