

## HOMAGE TO DAVID BOADELLA

# On Writing Poetry

### David Boadella

I 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  
greet 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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