

Personal Reflection – May 20, 2021

Celebrating Vulner-ability

I'm 89! Everything hurts! I can walk, on my walker,
to the mailbox and back: my ten-minute workout!

Happily, I realized some weeks ago,
that my vulnerability is my most valuable resource!

Because I am vulnerable,
I quickly, out of necessity, turn to God. "Help! Please!"

I turn to friends who come with groceries,

who come to pick me up from the floor after a fall

who ZOOM with me day-after-day.

I celebrate and anticipate being 90!
Greater vulner-ability!

by Jane Vella