

How do we go on,
after the unthinkable happens?
How can we carry the burden of knowing
the world can be cruel and dangerous,
the future so unpredictable?
How do we grieve with empty arms
and a head filled with echoing memories?



We are stronger than we know,
and this is how we show it:
Holding each other,
giving comfort in the midst of pain.
Loving more fiercely,
through our actions and the things we say.
Making the world just a little bit better,
every single day.
Never taking life for granted,
knowing that it can be snatched away.



This world may bring deep darkness,
but we are the bearers of light.
We'll join our flames together,
and shine in the blackest of nights.

John Mark Green

For the healing of Abbotsford, B.C.

