

## **Goodness gracious me**

*By Gerda Archer*

Goodness gracious me  
However will it be  
Here today and gone tomorrow  
Packed with joy or with sorrow

Nothing ever stays the same  
We cannot fix it in a frame  
The ever-present now is here  
Celebrate it then, with cheer

It is like a seed that we plant  
Within ourselves, when we can  
Feed our courage with gratitude  
Lighten the way for a multitude

Each cloud has a silver lining  
We all need this reminding  
Greater the joy, release from pain  
By connecting opposites, we gain