

Heart of Stone

I found it

A large heart shaped

Red stone

On the beach

It reminded me of my heart

Pumping blood

Enabling me to exist

Live and breathe

I recalled all those

I carry in my heart

That I love and care about

Family, friends, parishioners

I recalled that hymn

‘Sweet Heart of Jesus

Fount of Love and mercy’

‘There is room in my heart’

For You, for sure

In You ‘ I live

Move and have my be-ing!’