

"Continue" by Maya Angelou (edited & adapted)

My wish for you
Is that you continue
Continue

To be who and how you are
To astonish a mean world
With your acts of kindness
Continue

To allow humor to lighten the burden
Of your tender heart
Continue

...

To remind the people that
Each is as good as the other
And that no one is beneath
Nor above you
Continue

To remember your own...years
And look with favor upon the lost
And the least and the lonely
Continue

To put the mantel of your protection

Around the bodies of

The old and defenseless

Continue

...

To plant a virtual kiss of concern

On the cheek of the sick

And the aged and infirm

And count that as a

Natural action to be expected

Continue

To let gratitude be the pillow

Upon which you kneel...

Continue

...

To dare to love deeply...

...

And by doing so

You and your work

Will be able to continue

Eternally

May the work of your hands and the strength of your spirit be blessed, as we all continue.