

## Friday Evening Message – 18 September 2020

In my beautiful garden of flowers there lays a weed.

Imagine

Weed grows. Prospers and eclipses those beautiful flowers.

Chocking their beauty as they manifest.

Where are my beautiful flowers?

I reach for my sword, you may not hear

Cancer you fight back but those beautiful flowers are for eternity.

Something you will never, ever own.

There are so many potential things to write about after this poem. It was written hastily during a particularly dark period in my life whilst battling a major health issue. The darkness tried to eclipse my light. I made a determined conscious effort not to be dragged into a black hole.



When we look at the beauty of what some may class as simple things it helps put everything into perspective. Sun rise, plants and flowers, animals, wildlife, bird song to name but a few.



Amidst the annus horribilis there are wonders to be found. During lock down and the current coronavirus pandemic it is important to focus of the beauty in this world and our duty to help heal it. Tikkun Olam.



Shabbat shalom,

Claire Capes  
**Norwich Liberal Jewish Community**  
[norwichljc.org.uk](http://norwichljc.org.uk)

