

POEMS OF THE MONTH

Butterfly

-Simon Zachariah

Mama butterfly laid many eggs
She whispered to them softly
You all will become like me
Making a rainbow in the sky

All the eggs simply waited.
They all became caterpillars.
They all became silent pupae
One day it happened beautifully.

Mama butterfly shouted loud
Change, change, change
Change is nature's rule for growth.

ആങ്ങ്സെറ്റി

-സൈമൺ സാഖറിയ

പടുക്കുറ്റൻ ഗേറ്റു അയാൾ കണ്ടു
അടുത്തുള്ള കൂറ്റൻ ബോർഡും കണ്ടു
'വൃദ്ധ സന്ദനം' എന്ന് വായിച്ചു.
മുന്നോട്ടു വെച്ചു അയാൾ നീങ്ങി.

മകൾ തന്റെ പിടുത്തം മുറുക്കി
ഇടത്തു കൈയിൽ തന്റെ പെട്ടി.
വർഷങ്ങൾക്കു മുമ്പ് - അയാൾ ഓർത്തു
അവളെ സ്കൂളിൽ ചേർത്ത ദിവസം.

അന്നവൾ കരച്ചിൽ തേങ്ങൽ മാത്രം!
ടീച്ചർ പറഞ്ഞു: "ആങ്ങ്സെറ്റിയാ"
ഇന്നയാൾ തൊണ്ട ഏറെ ഇടറി
"ആങ്ങ്സെറ്റിയാ" അയാൾ ഓർത്തു

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A Newsletter

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"Leaving one stage of life and
starting a new phase!"



Channels of Glory – **Letter from Dr. Simon Zachariah**

Saying goodbye is always very hard especially to our loved ones. 'Farewell' meetings and 'send-off parties' often make us all very sad. It takes lots of time and effort to build up a relationship. But after some time it is very difficult to get separated from each other. I have noticed this in nature as well. When a seed germinates, the shoot slowly leaves the seed and the root system. The shoot goes up and the root goes down. In the same way even though we grow up in the same family as brothers and sisters, later we leave our parents, brothers and sisters. As we depart from our loved ones, at the same time we make new connections and friendships with new individuals. Similarly, we get attached to our pets, and even nonliving objects which are dear to us. I still remember a Parker pen which I used for many years. We also get attached to our

favorite toys, cars, houses too! The 'goodbye' process can be very hard and that's why we have so many rituals and customs in our society to make that happen seamlessly. We give a farewell. And we cherish memories of the past togetherness till we get bored. Most of the time others will console us by saying "He will be back soon!" Some separations are temporary and we get to visit our dear ones later. Families are getting separated all the time due to divorce and domestic violence. Then the children as well as the parents go through the same feelings. I know a girl who experienced this when she was twelve. She was very close to her dad, but her mother got custody of her. Later he died and even now she cherishes the childhood memories of spending time with her beloved dad. One day I asked her, "Have you ever thought about your dad's feelings the morning after they got separated?" Yes, separation is always sad!

If the separation is by death, we have memorial services, and sometimes we establish endowments or mount their photos on the wall. Sometimes we even publish their life history.

No matter how much we prepare ourselves for those unavoidable separations, they are always painful. When our young children goes to school, we call it 'separation anxiety'. But at a later stage when children leave the parents, parents themselves feel that same separation anxiety. When we arrange 'old age homes' for our parents, the children feel again their separation anxiety.

Fear of the unknown may be one reason for this anxiety. One time I saw a funny poster in a Walmart automobile repair place.

It showed a car tire talking like this "When I die send me to a better place!" In other words as long as we are sure that our loved ones have gone to a better place, our sorrow of separation will be minimum. To reduce this anxiety and sadness, I think some of these steps will help.

First we should understand that separation is unavoidable in life. It is just like leaving a temporary friendship. We are all like small boats in a big ocean. We meet each other for a while, travel together, and help each other while we are together. But we have to remember that at some point of life we all have to go in different directions wherever God leads us.

Secondly, if we are well prepared for that change or separation, our anxiety will be less. If we have some confidence about the safety of our loved ones, then the separation won't be very hard. We should be open minded to make new friendships so that the wound of separation will be healed.

Some of us consider memory loss as a curse. But for certain things forgetfulness is a great blessing. We should forget the things of the past, which are painful to remember. Situations which we cannot change is better to be forgotten. But at the same time we should be able to remember the lessons we learned from those past experiences. When a baby chick is born, it says goodbye to the egg shell which protected it for a long time. In the same way, for 'progress' and 'growth', change and separation are unavoidable. If there is no pain of separation and pain of growth, we will not see any butterflies in the world!