



The metaphor of a tree is so close to the journey of a woman and how she needs to be strong for herself to protect her family branches and supply their needs. There are dry seasons, winds, storms and lack of nourishment but she recovers and prevails because she makes the right choices to be strong and courageous sinking her roots deep into good soil. Today we will dialogue about how you can grow strong and healthy so the violent storms do not have to affect you or your family. You can be a source of STRENGTH!

Strength

Written with Love for MamysH by Desíree Delaura, a talented 17 year old in 2011

The strength of a tree lies in her ability to bend
 In her ability to survive the rapid change of the seasons
 And bark rotting experiences of life
 She digs her roots in when the ground shakes beneath her
 Holding on with her deep rooted limbs, her unsettled core
 She reaches deep within, trying to remain tall among the other trees
 But her bark splits beneath her and she's left weak and vulnerable
 But was she really meant to stand alone?
 Is she really all alone?
 Or is there a reason for the way her branches reach out?
 Reaching up for sunlight, Reaching out for balance
 Sprouting leaves and graciously giving
 She provides air for the breathless
 Food for the starving
 Shade for the weak
 And support for the broken.
 We bend for our friends
 For the ones who feel alone
 We cry with the hurt
 The one's who feel undone
 And like a tree we bend
 Bend to keep from breaking
 And we stretch out our limbs, pull you close, and help you remember,
 We stand together,
 "Women Helping Women and Serving Humanity."

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