



a *Heartstring Samplery* design

by Beth Twist

some thoughts that my soul needed to express this morning. a prayer for peace.

we are the same.
we breathe the same.
our hearts beat the same.
synapses fire in brains; food digests in intestines; muscles flex and contract.
we are humans.
made from the same flesh.
formed in the same uterus.
we live love nurture provide dream seek explore grow old.

the same.
biologically emotionally metaphysically we are the same.

only one thing declares some apart from the other.
one human different from another.
there is one dividing substance that should cause segregation.
one flint one spark that should rightfully cause one human to stand against another.
one and only one thing should cause us to raise our fists.
to stand. to protest. to defend.

hate.

hate does not know color or socioeconomic privilege.
hate only knows hate.
it swells in the souls of humankind in every province every state every race.
hate unites in brutality toward beauty and love and innocence.

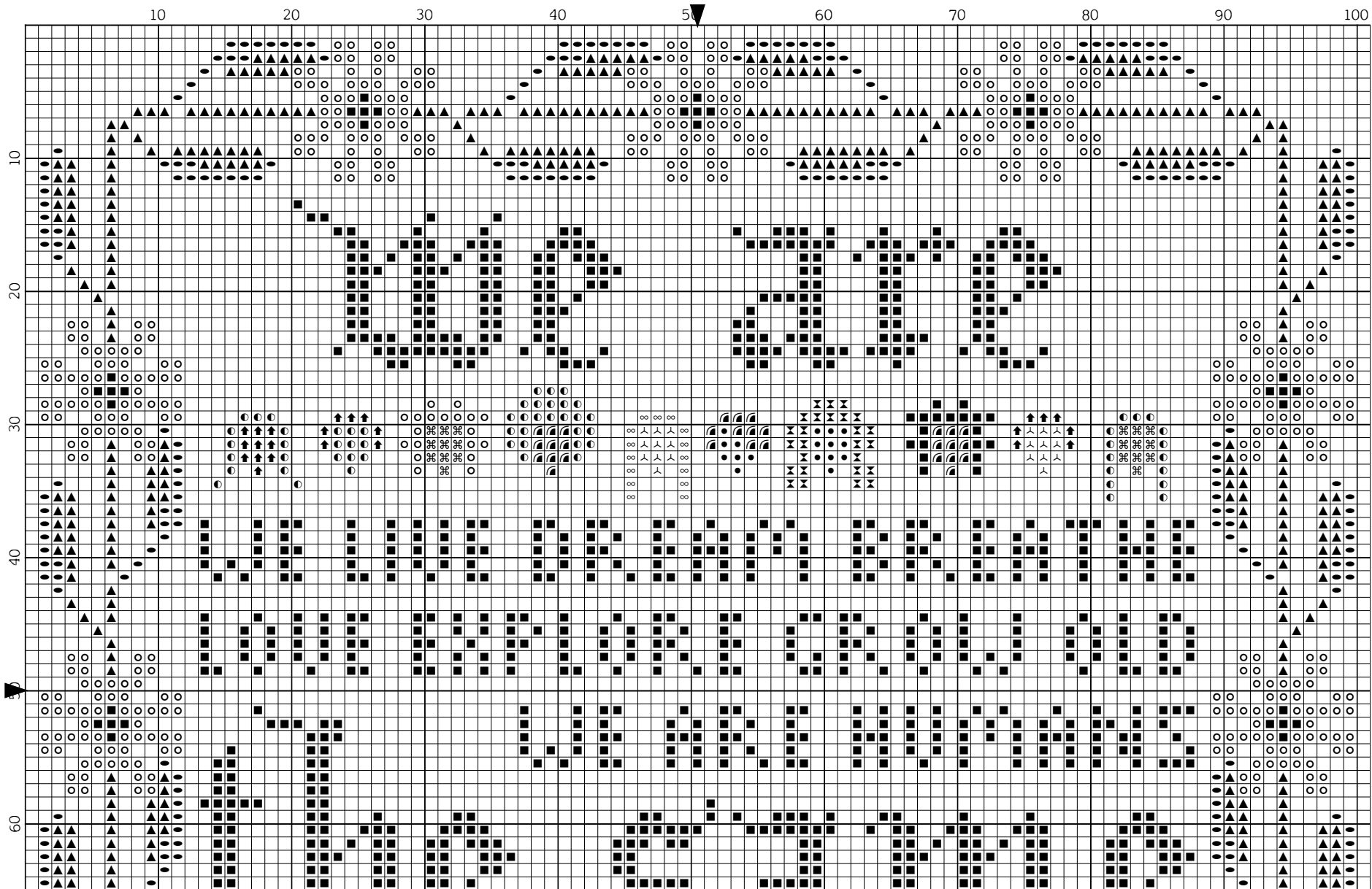
but love will win.
love always wins.
Love already won.

where there is hatred, let me sow love.
where there is injury, pardon.
where there is doubt, faith.
where there is despair, hope.
Lord, make me an instrument of your peace.

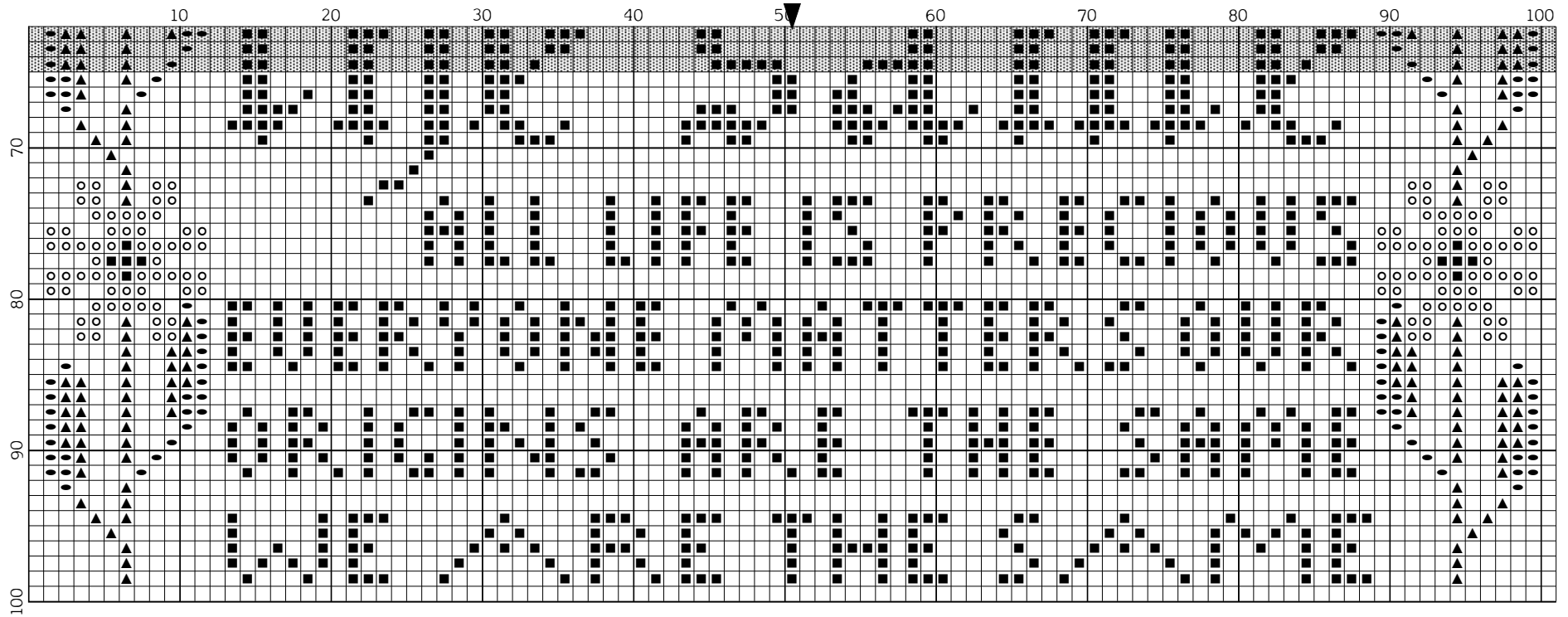
let peace begin with me.
let nothing divide me from my sisters my brothers my fellow humankind.
let me seek ways to foster unity to break the bones of racism.
let all of us rise up peacefully with love with kindred hearts
and say *no more*; we are the same.

Beth Twist
May 29, 2020

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Legend:

	WDW-1112	Banana Pudding		WDW-1240	Dirt Road		WDW-1193	Guacamole		WDW-2194	Lily Pad
	WDW-1238	Cappuccino		WDW-1222	Driftwood		WDW-3900	Kohl		WDW-1127	Skinny Dip
	WDW-2239a	Carolina Cecil		WDW-1092	Grits		WDW-1101	Light Khaki		WDW-2219	Whiskey