Story Is

We find ourselves in story.

We lose ourselves in story.

Story is a compass and a map.

A lighthouse through the storm.

An ocean of possibility.

A beach of buried treasure waiting patiently to be unearthed And discovered.

Story is medicine.

Story is wine.

Story is the cup cradled in hands just learning to hold And hands weary with years of holding generations of hope And wisdom.

Story is the recipe that changes with each new pot.

Cooked with love and seasoned to the taste of the revolving table.

Story, like time itself, moves along with us

And beyond us.

New in each moment.

Held in an ever moving frame of memory

And hope.

Story is a tree with walking roots.

Ever willing to deliver shade, and protection, and fruit

To wherever we are in our journey.

Story is both witness and prophet.

If we just sit a moment

And listen.

Lisa Codella 2022