



Rolling Along

I vary between the future and the now,
I want to stay centered but it's not clear how,
The path up ahead is dark and unclear,
What's going to happen in the coming new year?

When the clouds darken and won't let me be,
And it seems everyone wants a piece of me,
When the birds are quiet, and there's no company,
It's easy to curl up and embrace misery.

This is when it's important to have some faith
That this misery is passing and can be erased,
But it's more than just pumping up yourself,
It's more than pulling self-help off the shelf.

First of all, it's about living one day at a time,
It's a bit of a trick but oh so sublime,
One can worry and fret about what is coming,
And forget to enjoy the life you are living.

And next it's about focusing upon gratitude,
It's a proven way to lift a dark mood,
You're here and still have a chance to survive,
You're a honey bee still alive in the hive.

Third, now go out and take a walk,
And maybe you'll see a passing hawk,
Stir your body and produce some good enzymes,

You'll feel better as you rack up the miles.

Ultimately it is all about your attitude,
You don't have to be gruff or even rude,
You have choice in how you respond to life,
You have choice in how you respond to strife.

And a trip to the bay always paves the way,
For an Earth Church experience that will stay
With me for the day and keep my soul warm,
Away from the storm, avoiding self-harm.

The trick, you see, is to keep rolling along,
Life has a rhythm that you can prolong,
With these easy steps a bad day will pass,
And you might find a path to save your ass.

So welcome to Earth Church,
Pull yourself up a pew,
Here we focus on today,
And it can help you too.