

My Zest Wish List

Waking up each morning...
Leaving the past behind...
Looking in the mirror is the zest I find...
Getting ready for the day...
Listening to music while I sing...
Freedom is close, with time I've changed...
Watching seasons pass...
Looking at family on a screen of glass...
January is coming so freedom at last...
Playing with my kids, sleeping in my bed...
Talking on the phone, answering calls for
those who can't come home...
This is my zest...
Soon they'll say again...
Kelsha, Welcome Home!!!

Kelsha B
Pennsylvania

Soon they'll say again...
Kelsha Welcome Home!!!

Thank You FOR READING!

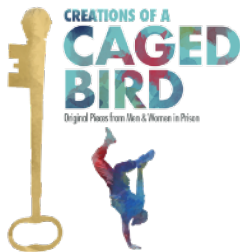
Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

How can imagining moments of zest in your future help you to find, and appreciate, moments of zest now? And how does thinking about ways to help others – both today and in the months and years to come – magnify that zest?

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

**Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

OTHER SHINING LIGHT COURSES ON EDOVO YOU MAY WANT TO CHECK OUT:



(Volume 1 & 2)



(Issues as far back as Sept '21!)



For these courses, you have the opportunity to receive a certificate directly from Shining Light if you send in a written copy of your work to the address above.