

Meditative poetry

A love poem

It's always a delight to meet new pray-ers and new creatives. And Helen Connell from Leeds was no exception. As well as praying with us during her visits to Ilkley, she shared some of her writing. We loved this prayer-poem and the heart it conveys to walk alongside our neighbours authentically, which was inspired by [1 Corinthians 13](#). So we asked if we could share it more widely so it could encourage you too.

A love poem

I cannot hold your hand
without feeling the pain.
My words are like sand
when you really want grain.
I know my needs,
I should know yours.
Tempting to throw seeds
until the food pours.
Talking won't change things
but how can I do love?
I know that what I give
should be without strings,
only with the strength of God's love
sustaining me to live
as God created me to be, say and do.