



There is a hard truth to be told: before spring becomes beautiful,
it is plug ugly, nothing but mud and muck.
I have walked in the early spring through fields
that will suck your boots off,
a world so wet and woeful it makes you yearn for the return of ice.
But in that muddy mess, the conditions for rebirth are being created.
~Parker Palmer

Wishing you joy and good health,
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