

## Warm Days

When sweat rolls down your brow  
working in the garden  
or the vineyard  
walking around town  
concentrating on that tough challenge  
remember that sweat  
eventually evaporates  
like so many other things in life.  
It is all part of the cycle  
that teaches us how quickly  
we learn that life is transitory  
that what we hold dear  
can disappear without warning  
can change before our eyes.  
Even beauty eventually dissolves  
evaporates like a vapor and leaves.  
I've watched pretty boys reduced  
to wretched messes by cancer  
I've seen beauty queens  
become scarred scarecrows  
from plastic surgery.  
I've seen the ordinary person  
become a beautiful soul  
through simple acts of kindness--  
helping a homeless person  
teaching a child to share  
giving money to help an elder--  
selfless acts that say there is still love  
to give in this harsh, harsh world.