

Anam Cara, Soul Friend,
O Desire, longing of the human heart
to love, be loved,
each day, each moment of our lives.
Awaken us from sleep
at dawn of day
and enter our hearts.
When we choose to be freed,
to serve others
wherever we may go,
enlarge our person
to meet and be met;
when we rise from sleep
and greet a new day.

- *brother Columba*
May 10, 2013