

ENJOY THE JOURNEY by Gareth Mann

Three words
in a large tulip
shaped tea cup
Just three words
Just inside
When you lift your cup
To take a sip
Three words in black script inside the white cup
“Enjoy the journey”
I smiled knowing
What my niece meant
Giving me that large tulip shaped tea cup
With room for 12 or more ounces
Of my favorite herbal teas

Imprinted inside
Just below the rim
A reminder
To treasure life
Journey but a metaphor
For my lifetime

Imagine you too
Have such a cup

This cup a precious gift
A solid reminder
That life is to be savored
Even when it tastes bitter
A reminder
To let scalding tea sit and steep
Until it's still hot enough to warm your throat
But not burn your tongue
To be patient
Knowing deep inside
That your travels
Through time and space
Have purpose
That you are not alone
A reminder to let gratitude
To our Creator
Permeate your being