

Spending Time

by Carole Gauntlett

Time well spent can be helping a friend,
Or seeing a need and offering to lend.
Taking the hand of a heartbroken stranger,
Or running *toward* someone you sense is in danger.

Time well spent is to play with a child,
Or to hug and to kiss the one who is riled.
Open your heart to the loneliest one,
And you will soon see that you both will have won.

Time well spent can be accomplished alone.
Pull the shades, find a chair and shut off your phone.
Take up paper and pen or a delightful new book
Or try a new recipe if you love to cook.

At the end of the day as you lie down in bed
Look over your day and count up in your head
The time that you had and how it was spent.
And in the end, what it all meant.

If it was time well spent, you'll know right away,
And tomorrow you'll know how to spend your next day.