

Well Spent

By Dennis Payton Knight

You once did cartwheels and backflips,
Skated, played ball and chased rainbows.
If your kite caught no breeze, or your raft didn't float,
You tried again, pierced the sky, and conquered the river.
Your youth was well spent.

You once were a young parent,
Still chasing rainbows, struggling perhaps,
But having the energy to make the ends meet,
And to teach your children to smile and to grow
To become builders of kites and sailors of seas.
Your youth was well spent.

And now you are a grandparent,
Reflecting in the vitality of youth,
Watching your children and their children chase rainbows,
Do cartwheels, fly kites and explore on their rafts,
Watching them fall, then rise to climb mountains.
Their youth is well spent.

And now the cartwheels you do are in the stories you tell,
And the kites that you fly are in the songs that you sing,
And the oceans you sail are in the memories you share,
But so long as you do, you are young in your heart,
And your youth is well spent.