

# Pathways Respite

---

A story of a woman at Wellington Respite

Crushed in spirit;  
weakened by a heavy load.  
Fragile.  
All exposed.

Need a haven,  
a place to rest,  
to wait a while  
and be refreshed.

An oasis welcomes  
offering a gentle hand  
to soothe and reassure  
strangers of this land.

Acceptance softens  
the guarded wall  
and healing words  
help restore.

A sense of hope.  
This darkened place  
will yield to light  
for my soul to embrace.

