**Songs from the sea of life.**

Tossed and turned,
churned around,
life in the midst of a sea of change.
This way, then that way,
round and round,
a whirlpool of experience
unfocussed, unplanned.
Bashed against the rocks
of life without love,
torn from the cradle of youth,
yet dreaming all the while
of a life of calm,
the gentle ebb and flow
of knowing which way to go.

Love may not always quell the storm,
life has its tides of up and down
but knowledge of God,
of a purpose and plan,
gives strength and courage
to ride the wave,
and surf on the sea of life.

Heather Whyte ‘10