

**“I am no longer holding
on by a thread,
I've gotten the whole
spool back.
I'm beyond square one.”**

R, 1990



Art by Ave L.

Reflection

Look at a piece of clothing you are wearing. Find a single thread and follow where it goes. A single thread holds a seam together, turning fragments into a whole. Praise to the single thread—sometimes it's all we've got. A thread can be our lifeline, a starting point for putting the pieces together into something stronger and more beautiful than before.

Questions

What helps you feel better when you're having a hard time?

When did you last help someone who was struggling?

Reflect on a time you felt like you were barely holding on. Who helped you? How did you make it through?