

**To: Spring 2020 Restorative Justice Group #4**

**Title: *Live the Questions***

This week, my mind has been filled with questions---from the mundane, like *What am I going to do today staying indoors?* to the more significant---*What do I still want to accomplish in this last quarter of my life?* I know that I am happier being busy, but the limits of confinement are definitely challenging me and presenting me with time to think about how to spend my life differently...and, with that comes new questions.

We want to offer you two things this week. We hope that the following quote will cause you to think about some questions that you have about your own life at this point in time. And, the second quote (really a song)—well, it just seems like the right time to put it out there.

**i beg you... to have patience with everything unresolved in your heart and try to love the questions themselves as if they were locked rooms or books written in a very foreign language. don't search for the answers, which could not be given to you now, because you would not be able to live them. and the point is, to live everything. live the questions now. perhaps then, someday far in the future, you will gradually, without ever noticing it, live your way into the answer...**

***Rainer Maria Rilke***

All questions are okay---there are no wrong questions. Here are some to consider...and, then add some of your own. Whatever actions you might take in the future can often start with a question.

- *What are some of my strengths?*
- *What do I want to do for my family?*
- *What do I want to do for a friend?*
- *What is a small change that I am willing to make?*
- *What is one thing that I hope to do in the future?*
- *What is hard for me to change?*
- *What is something that I want to learn?*
- *What is something that I want to get better at...how can I do that?*
- *What do I care deeply about?*
- *What values do I want to instill in my children?*
- *How have I changed?*

This second piece is a song by Bill Withers, who died this week at age 81. He wrote some pretty memorable songs, including *Ain't No Sunshine*. Probably, the song he was most noted for was *Lean on Me*, which came out in 1972, and quickly rose to the top of the charts.



## **Lean on Me**

Sometimes in our lives we all have pain  
We all have sorrow  
But if we are wise  
We know that there's always tomorrow  
Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need  
Somebody to lean on  
Please swallow your pride  
If I have things you need to borrow  
For no one can fill those of your needs  
That you won't let show  
You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on  
Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need  
Somebody to lean on  
You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on  
If there is a load you have to bear  
That you can't carry  
I'm right up the road  
I'll share your load  
If you just call me (call me)  
If you need a friend (call me) call me uh huh(call me) if you need a friend (call me)  
If you ever need a friend (call me)  
Call me (call me) call me (call me) call me  
(Call me) call me (call me) if you need a friend  
(Call me) call me (call me) call me (call me) call me (call me) call me (call me)

**Back to you next week. Take care of yourselves.**

~ Ms. Caro-Bruce