

# Pebble in the Water

It is not easy to control our tongues; I have certainly found that to be true in my life. Recently, I read a poem by James W. Foley that illustrates how a careless word can have far-reaching effects. Fortunately, so can a careful word. Here is the poem:

*Drop a pebble in the water: just a splash, and it is gone;  
But there's half-a-hundred ripples circling on and on and on,  
Spreading, spreading from the center, flowing on out to the sea.  
And there is no way of telling where the end is going to be.*

*Drop an unkind word, or careless: in a minute it  
is gone;  
But there's half-a-hundred ripples circling on  
and on and on.  
They keep spreading, spreading, spreading  
from the center as they go,  
And there is no way to stop them, once you've  
started them to flow.*



*Drop a word of cheer and kindness: in a minute  
you forget;  
But there's gladness still a-swelling, and there's joy a-circling yet,  
And you've rolled a wave of comfort whose sweet music can be heard  
Over miles and miles of water just by dropping one kind word.*

Throughout Life Care, Century Park and Life Care at Home today, let us roll waves of comfort.

– Beecher Hunter