

Celebrating You

*We are who we are, no matter the age
The simple fact of our existence, our humanness asks for respect*

We have forgotten to honour and respect those who are older

*So fixated are we on seeking a non-existent fountain of youth
and outrunning death
That we are blind to the beauty and gifts that age and time bring us*

*It seems every wrinkle and gray hair fades us away
to a caricature or stereotype of old*

*So it is that we need to see clearly
The wisdom that living through time can give us
The knowing that Life is a beauty, a pain, a joy
Knowing that we are who we are across our span of life
Our strengths, our vulnerabilities
Our gifts, our mistakes
Create the whole of our truth and experience*

*Living long requires stamina, courage and a good sense of humour
Living long requires being with life as it is
With all of its gifts and grief's*

*So it is here and now that we honour you, just as you are
Unique, and in so being, special and worthy of celebration*

*It is here and now that we celebrate the long life you are living
in your own particular way*

Tuulikki Tennant

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