



#113 *The Goldfinch*



“I must go to the sunflower patch today to visit a friend who is not feeling well,” said the goldfinch as she left the nest in a hurry. “On the way home I may stop in to see another friend who recently got injured.” As it turned out, everything went wrong.

She and her first friend ended up in an argument. Then the goldfinch decided that she did not have time to see her other friend. Although she was upset by all of this, arriving home she settled down. Reflecting on the day, she asked her partner, “My companion of oh-so many years, do you think I am a good creature?” “Why of course,” replied her partner. “But dearest, I argued with one friend and snubbed the other. Oh, I think I am a bad goldfinch,” she moaned. Her partner looked into her eyes longer than normal and waited to see her calm down. Then, he said, “If you truly wish to be a gift to others, you cannot skip the gift of forgiving yourself.”

FORGIVE YOURSELF AND WE ALL WIN