

## We Hold in Our Hands

We hold in our hands the power to make everyday miracles.  
Our hands tend our gardens and fields...  
...and prepare the meals that nourish us.  
Our hands comfort and nurture our children.  
They spin the fibers, weave the cloth, and sew the garments that clothe us.  
They make the tools we need to build protective shelter...  
...and kindle the fires that keep us warm.  
From the simple...  
...to the complex, we learn with our hands...  
...and use them to teach others what we've learned.  
We use our hands to make sense of the world...  
...and the keep the promises we make.  
Our hands help us think...  
...and then help us express our ideas.  
Through our hands, we honor each other...  
...and ourselves, as we share a common purpose.  
With our hands, we energize, we celebrate...  
...we inspire, we create...  
...and we make beautiful music together.  
We heal and comfort ourselves and each other in times of trial, pain and sorrow.  
We explore new worlds...  
...and build dreams with our hands.  
We pray for strength and enlightenment...  
...and extend our hands to each other in peace and mutual understanding.  
With our hands, we play together...  
...dance together...  
...and love together.  
We give...  
...and we receive.  
Young and old, we connect with each other and with the world through our hands.  
We hold in our hands the entire universe.