

## **GRACEFULLY OLDER**

By: Constance Haycock Mower Barrett

We live in a gracious state  
Children are taught to never be late.

My own mother was gracious and kind  
My father also had a very good mind  
Both were always easy to love  
And were respectful to our God above

It is difficult for me to grow old  
We Europeans are ambitious and bold.  
Realistically it is often best  
To be grateful and learn with zest  
We are blessed with computers and TVs  
There are friends, family for you & me  
To value & hold dear  
And do not put our trust in fear