

# why I wake early

by Mary Oliver

Hello, sun in my face.  
Hello, you who made the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even,  
the miserable and the crotchety—

best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching,  
to hold us in the  
great hands of light—  
good morning, good morning,  
good morning.

Watch, now, how I start the day  
in happiness, in kindness.



*Image: Framing of one of our two new  
supportive living facilities in Calgary, Holy  
Cross Manor and St. Marguerite Manor,  
which will open in 2014.*

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