

## The Power of Irish Wisdom

By Renee Gatz, Author of *Wise Words & Witty Expressions*

As I sit down to write this month's column in the aftermath of Hurricane Sandy, I wish I had some wise Irish words of wisdom that would undo the destruction of the storm and return our lives to the challenges we faced pre-storm. Unfortunately, words alone do not have that power. That kind of power only comes when we support each other in word and deed. The acts of kindness and the concern we express provide the fuel needed to do what must be done and the confidence that life will return even better than before. The Irish are no strangers to challenges and devastation. We are a hardy *lot that comes from good stock* and know that we will be just fine.

We have all been profoundly moved by the havoc Hurricane Sandy has left behind. The images we have seen, the impact to our lives or those we love have been tremendously overwhelming. We take comfort from knowing that *if God brought us to it, he will bring us through it. We are far stronger than we know.* By keeping the focus on *counting our blessings*, that will help us *rise to the occasion*. When frustration settles in and it feels like you are at the end of your rope, *tie a knot and hold on* and remember that *it will get better* and that *this too shall pass*.

As we survive this incredible force of nature, we will have tales to tell. We will share stories of how against incredible obstacles communities came together to build, in some cases new towns, homes, businesses and infrastructure. We are already seeing the amazing generosity of those that live outside the east coast, providing assistance to help bring power back up and gasoline to filling stations. We are seeing the benevolence of friends, neighbors, family members and service providers who are addressing immediate needs and planning to meet long-term needs. In the coming days, weeks, months and perhaps years, we will continue to see great acts of generosity that will sooth the worries of the mind and encourage the spirit. There will come a day when we will look back and see with pride our ability to rise like a phoenix from the ash.

I keep in my thoughts and prayers all that have been impacted by Hurricane Sandy. I have extraordinary faith in our ability to support each other in word and deed and look forward to being part of the east coast's rebirth and the pride we will all feel when our work is completed. *Our best days are ahead of us!*