

From: To Bless the Space Between Us

“This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.”

John O'Donoghue

Chosen by Helen Dimond: I heard Fergal Keane read this on Radio 4's Today programme this morning (Monday, 30th March). He explained that it was one of the poems that he had listened too when he was suffering from depression after all the war reporting he had done when he felt all alone at night. It reminded him the morning would always come.



John O'Donoghue was born in County Clare in 1956. He spoke Irish as his native language and lived in a remote cottage in the west of Ireland until his untimely death in January 2008. He was highly respected Irish poet, author, priest and philosopher. In later life O'Donoghue became a prominent speaker on creativity in the workplace. He consulted executives in the corporate sector “on integrating a sense of soul and of beauty into their leadership and their imagination about the people with whom they work.”