

## **psalm 46 – waters of refuge**

astonishing how one's world can be  
ripped asunder with brutal efficiency:  
tectonic plates shift less than a millimeter  
and mountains crumble to the ground;  
a ripple widens ever so gently  
in the midst of the waters and  
soon families, homes, whole nations  
are washed to the sea.

yet far from the surface destruction,  
somewhere deep inside, there are waters  
even the mightiest elements cannot touch:  
a river that flows freely yet is never perturbed,  
its surface as glassy and silent  
as the dead of night.

come visit this holiest of holy places,  
when the turbulence becomes too much  
for you to bear, let these waters be your refuge,  
your stronghold so gloriously insulated  
against the terror and disquiet.

here is where all clamor ceases, all winds  
are calmed, all nations disarmed;  
here you may dive deeper and deeper  
into the waters yet never go under;  
here the howling of gale force winds  
sounds like nothing more than  
the most imperceptible whisper  
breezing softly through  
your soul.

(Rabbi Brant Rosen)