

# TESTIFY

1. To make a declaration under oath; give sworn testimony;
2. To serve as evidence;
3. To declare publicly

**Welcome.**

**We hope you are enjoying your stay.**

**Now is the time to sit back, relax and reflect.**

**We are pleased to provide this true story. Perhaps after reading this piece you will want to pick up the pen and write your own life story.**

**A story that shaped  
and embraced  
you.**

**Possibly, you'll want to share your story with others. An opportunity to submit your piece for upcoming Testify pieces is offered.**

**It is not complicated.**

**Just write from your heart.**

**Even if you decide not to pick up the pen, we trust the story you read in this little book gives you a moment of reflection.**

**Enjoy.**

## **A WALK IN THE PARK**

**I listen to you and hear the fear and anguish in your voice and in the stomp of every step you take alongside me.**

**You listen to me and hear a know-it-all loudmouth with a bully pulpit.**

**We don't see eye-to-eye.**

**The problem is we're both wrong.  
And, we're both right.**

**We talk out of both sides of our mouth, straddling a shaky middle that threatens to consume our position with the weighty words we use to make our points.**

**Sometimes it seems the one with the most conviction, the louder voice prevails.**

**We walk back to our corners saying out loud that we love each other, but there's always a "but" attached to the sentence we never complete.**

**How is it that you are in my life?**

**Why would I associate with someone with views so vastly different from my own?**

**Why would I attempt to have a discussion when several of your like-minded friends are there to render you support? The comments fly faster than normal and the well of fear rises steadily as solidarity among friends is**

**found. Friends who allow you to say things you wouldn't normally say in polite company.**

**I tell you that I refuse to believe that you, a sweet individual who would give the shirt off your back to anyone in need, are the same human being as this person who showed up today for a walk in the park.**

**You tell me I'm too young to understand; too idealistic in my views.**

**Politics should never be discussed. Politics or religion.**

**Yet matters of the heart and soul safely stay behind the line, as we bring out the latest piece of information heard, misheard, dissected, misinterpreted that comes over the news.**

**It's enough to make one turn off the TV set, but few of us are able to flick the clicker in the direction of all that noise.**

**I've asked if you would be willing to sit in silence for a while. To really sit with yourself and ask the hard questions.**

**Here I am asking you to sit with what you know and find the truth in your heart, when all along I'm refusing to do the same.**

**We have to tune in. Not to the pundits and the columnists and the talk show hosts. All are in one form or another working in the field of entertainment.**

**No, we need to turn the knob, silence the shrill, and sit with ourselves for a moment.**

**Here.  
Right here.  
In this space.  
In this time.**

**Quietly following the flow of our breath, we sit with the black velvet nothingness that is “being” and call upon our deepest fears to be examined and quelled, our deepest questions addressed and confirmed, and our yearnings molded and held as we try to live authentically in this world**

**Once again whole as a human being.  
Fearless in the eyes of all and  
confident in our beliefs.**

**It takes a long time to find the rhythm.  
Our rhythm.  
It takes a longer time to find our step  
in the rhythm of the world.**

**Some people claim we’re going too fast,  
wanting too much,  
that technology is shoving us into a future  
we aren’t ready to embrace.**

**The universe is traveling at the right speed.  
We’re in need of finding the step,  
the foothold,  
our footprint.**

**So turn off the TV.**

**Put down the paper.**

**We need to embrace those around us who don’t  
quite see things the way we do and let’s continue**

**to talk. Not about politics, but about how we see our place in this world.**

**Let's reveal to each other our hopes and dreams and perhaps by looking at those things that give our life joy, we can find a leader. Someone who we don't have to hold our nose and mark the ballot for; one who we can fall behind in lockstep until such time that they misread the map.**

**Then we're required to bring them back into line by writing and calling. It's not enough to come out to the park and share our views with friends. We need to address the people who are doing the job we asked them to do. We should also write or call when we think they did something extraordinarily good. Heck, we can call or write even if what they did wasn't so extraordinary at all!**

**The point is we need to be an involved electorate, and I need to see my friends with differing views as good individuals who just may be able to teach me something. In turn, I hope they find that I might have a lesson or two to impart to them.**

**I'll keep you as my friend.  
I'll keep our lively discussions going and hope that we are able to continue to remain friends even when there is so much that divides us.**

**Let's do take the time to sit with ourselves for a couple of minutes a day. Spend a couple of minutes looking in the mirror, not to put on makeup, shave, or comb our hair, but taking the time out to look at ourselves, at who we really are, and determine where our species is headed.**

# TESTIFY

*It's your life, live it.*

When you need a break, pick up a pen and  
TESTIFY on your own behalf

If you care to submit your piece for upcoming  
TESTIFY books, please send it to Howl Press,  
P. O. Box 425, Needham Heights, MA 02494 or  
online at: [www.howlpress.com](http://www.howlpress.com)

# TESTIFY

**A Walk in the Park**  
**Written by: Lisa Rehfuss**

**Howl Press**  
**P.O. Box 425**  
**Needham Heights, MA 02494**  
**([www.howlpress.com](http://www.howlpress.com))**

TESTIFY. Copyright 2008 by Howl Press. Published by Howl Press, P.O. Box 425, Needham Heights, MA 02494 ([www.howlpress.com](http://www.howlpress.com)). All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems without written permission from the publisher.

This is a quarterly publication.

2008

ISBN: 978-0-9793216-0-3



This book is printed on Green Seal Certified Wausau Paper, Royal Complements, containing a minimum of 30% post-consumer fiber.