

# S IS FOR... SHOES OFF IN THE HOUSE

Shoes off in the house, we are always told.  
For the house holds our beds that we  
sleep in, our family we feast with.  
Shoes off in the house, the floor is sacred.  
It is where we play, we sleep, we fold  
our legs to bow and pray.  
Shoes off in the home, because this  
is where we bare our feet to the soft  
ground and rest.

- Gina Yu



## ARTWORK BY DIANNA SETTLES

*"We have to walk in a way that we  
only print peace and serenity on  
the earth... Be aware of the contact  
between your feet and the earth. Walk  
as if you are kissing the earth with  
your feet."*

- Thich Nhat Hanh

