

A scenic landscape featuring a range of rugged, snow-capped mountains in the background. In the foreground, there are dark evergreen trees and a body of water reflecting the sky. The overall tone is serene and natural.

"And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who lived in ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves."

Kathleen O'Meara's poem, 'And People Stayed Home,' written in 1869, after the famine.