

## **Breakfast for Champions**

*by Jay Kaplan, MD*

this morning  
    a question

do I foray into the world  
    or  
do I stay home

    risk exposure  
        or  
    feel secure

        test my capabilities  
            or  
        count my blessings

it is sunrise  
    and  
    the darkness of the night is slow to give way to the dawn

where are the answers

I need the light to teach  
    and touch  
        and warm  
my fear  
    doubt  
        confusion

the question becomes  
    how can I feel most alive

searching  
    I begin to see the hazy outlines

fear drags me into the past  
        or propels me into the future  
while in the present moment  
    I am offered many treasures

Originally shared July 1, 2009  
*What's Right in Health Care*  
Chicago, IL

there  
    here  
        I connect to people  
their present  
    feelings  
thoughts  
    hopes  
        dreams  
needs  
    wants  
        desires  
and they to me  
    and mine

gifts are given  
  
intimacies shared

frightened  
    I wish to escape  
no  
    no

I do not have permission to leave the table  
    and I am still hungry

the feast is ever present  
    for those willing to sit at the table and partake

is this not what we most crave

what do we serve at our table  
    when people come to us for care

do we invite them to sit  
    and do we sit with them

do we hold hands as we begin  
    or do we start with the forks and knives  
        and needles and pokes immediately

Originally shared July 1, 2009  
*What's Right in Health Care*  
Chicago, IL

do we offer them nourishment  
or simply food

at the end of the meal do we feel satisfied  
and fulfilled and grateful  
or just no longer hungry

do we all feel healed

I want my days to be filled with feasts  
for my patients  
for my colleagues  
for my self

it is no longer dark outside  
or inside

let us all sit  
let us all walk  
let us all care  
let us all feast

Jay Kaplan