Dedicated with thanks to Chris Chapman,
who first introduced me to the writings of Etty Hillesum
AB

For Katie, Benny, George & Maggie
DL



Anne Booth was inspired to write this book by the words of Etty Hillesum,
a Jewish woman and victim of the Holocaust who wrote:
"Give your sorrow all the space and shelter in yourself that is its due,
for if everyone bears grief honestly and courageously, the sorrow that now fills the world will abate.
But if you do instead reserve most of the space inside you for hatred and thoughts of revenge –
from which new sorrows will be born for others – then sorrow will never cease in this world.
And if you have given sorrow the space it demands, then you may truly say: life is beautiful and so rich."
Esther 'Etty' Hillesum (15 Jan 1914 – 30 Nov 1943)

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FSC www.fsc.org DUMMY

a Shelter for Sadness



ANNE BOOTH & DAVID LITCHFIELD

templar books

In summer, roses will bloom,
and their scent will steal in under the door.
And my Sadness can open the windows
and breathe in and smell them.

If it wants to.

The shelter I will build
for my Sadness
will have light from the sun
or from the moon and stars.

But the windows will have curtains
that Sadness can draw when it wants to.
And there will be candles or lamps
if Sadness needs them.



I am giving it a space
for it to sit



or lie down.



To run around



or stand still.



To curl up very,
very small,



or be as **big** as it can be.



To be very,
very noisy,



or very,
very quiet.



Or anything in between.