**A Minute Can Last A Lifetime**

Catherine Brentnall

**Verse 1**

When a friend seems troubled,

It’s hard to know how to help and what to say.

You might feel uncertain,

But don’t turn and walk away.

You don’t have to be an expert,

You don’t need a masterplan.

No magic wand required,

Just be the friend you can.

The smallest act of kindness can mean a huge amount,

A moment of your time can really count.

**Chorus**

A minute can last a lifetime,

Something you do, something you say.

A minute can give a lifeline,

To someone who’s lost their way.

Yours might be the words that bring them back to ground,

The smile that shows friends can be found.

The voice that resonates inside,

The strength that starts to turn the tide.

It all begins with a minute.

**Verse 2**

We all have feelings,

This life brings ups and downs to one and all.

We all need someone,

To be there when we fall.

You don’t have to be an expert,

You don’t need a masterplan.

No magic wand required,

Just be the friend you can.

The smallest act of kindness can mean a huge amount,

A moment of your time can really count.

**Chorus**

A minute can last a lifetime,

Something you do, something you say.

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**Bridge**

It’s not much of a sacrifice,

To give a minute or two.

So step up, find out,

What a minute can do.

**Chorus**

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