



## *A Geography of Moments*

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Every day I wake up around 3 am. I crack open a chocolate bar for breakfast, and as I tare the foil, the day starts. A person in transition looks for a safe place to be. It takes time to feel at home. However, rituals create familiarity. I rescue the foils because they represent this moment of safety and calm and place them on the wall as a memory of the day. They create a map, a geography of moments. The silver shine reflects the value of every moment, and the foil's fragility represents the absurdity of safety.

Photo Documentation: Lucy Foster