

We expressed a lot of awe, wonder, and delight this evening. We spoke carefully as we attempted to describe, with much gratitude, moments of being in the presence of the natural world. We resonated deeply with one of Mary Oliver's poems entitled *The Messenger*, in which she wonders if the purpose of her life is to stand in amazement. Many of us shared moments, including watching fields of fireflies or the start of a rainstorm when we have recently been stopped in our tracks in awe.

Several of us shared practices of sitting with a cup of tea in the early morning light. One of us has been taking morning walks on the beach for over 20 years, and yet every morning's experience is new. What is this that makes it so? Why do we seem to eventually tire of anything made by humans but never get tired of dawn or sunsets, no matter how many we see?

For many of us, animals and other creatures give us comfort and inspire us -- our pets as well as the deer, rabbits, birds, etc who encircle us as we go about our days. Dolphins wow us. Mosquitoes try our sense of wonder. A tender story about elephants caring and grieving for one of their own who died brought tears to our eyes.

Some friends shared how their belief in God has been the most deeply felt in the wonders, complexities and beauty of nature. How could all of this be random?

Paying attention helps us slow down. Intentionally trying to really see what is around us makes each moment feel rich and alive. Paddling in a kayak shifts from being about going from here to there to one of feeling the miracle of all of creation if one looks around with clear eyes. We shared treasured moments of light, our favorite spots outside as children, and our gardens. Even bittersweet can inspire us. Its tenacity is amazing. What is it that causes it, or a stump of a pear tree, to sprout new shoots? Where does *that life* come from?

We smiled more than at any other Seekers' group meeting, and then made note of this. Over and over we expressed deep gratitude for this group.

Our next meeting will be on Monday, July 27, 2015 at 7pm in the Community House. We agreed that a topic and possible readings will arise in the coming days.