

**Lodged**

The rain to the wind said,  
'You push and I'll pelt.'  
They so smote the garden bed  
That the flowers actually knelt,  
And lay lodged--though not dead.  
I know how the flowers felt.

- Robert Frost

We arrived this evening with Heavy hearts from the latest terrorist attacks and political tensions in the world.

And yet we found ourselves sharing where we are experiencing small pleasures and heartfelt delight these days: in the creation of a whimsical fairy garden; while standing amidst the falling fluffy hair seed puffs of the eastern cottonwood trees; meditatively finishing a beautiful, intricate knitting project that had been feared to be impossible; learning to play a ukulele; eagerly soaking in the colors of the spring green grass; everything about trees and climbing vines; going for a walk with a newly well-trained dog; cutting the nail on a finger once slated for removal; arriving at clarity around letting go of stuff; laughing with good friends.

We named Hope we've seen, too, especially in children and teens we know and love who have come through difficulties to places of thriving wholeness. And in ourselves. How freeing it can be to let go of exemplary and be content in the knowledge that in much of life proficiency is really quite good enough.

While we strive for honest and clear eyes to see and respond to the profound struggles in the world, seeing these heartbreaking realities through the delights and pleasures we are mindful of in our daily lives -- like sunglass lenses the color of Crayola Spring Green crayons -- can help us hold onto Hope. We all need nourishment for the road.

Unexpectedly, we were reminded of an old hymn, proclaiming a truth we always reach for but so often don't necessarily feel, and closed with profound gratitude.

When peace, like a river, attendeth my way,  
When sorrows like sea billows roll;  
Whatever my lot, Thou hast taught me to say,  
It is well, it is well with my soul.

- Horatio G. Spafford

Our next gathering will be on Monday, July 17, 2017 at 7pm in the Community House. All are welcome to join us.