

Some days God brings me close  
and in those moments  
all those places in me  
that have believed themselves  
to be so unworthy  
must pause  
as love rushes in  
to fill all the gaps.  
I contemplate what a gift  
to be a participant  
in this world of texture, colour, light  
and what an extraordinary gift  
to be able to love  
anything at all.

*Chelan Harkin*

**Engaging your  
senses  
in nature**

5 things you can see  
4 things you can hear  
3 things you can touch  
2 things you can smell  
1 thing you can taste.

Listen to your life.  
See it for the fathomless mystery that it is.  
In the boredom and pain of it  
no less than in the excitement and gladness:  
touch, taste, smell your way  
to the holy and hidden heart of it  
because in the last analysis  
all moments are key moments,  
and life itself is grace.

*Frederick Buechner*



**Praying**

It doesn't have to be the blue iris,  
it could be weeds in a vacant lot,  
or a few small stones;  
just pay attention,  
then patch a few words together  
and don't try to make them elaborate,  
this isn't a contest  
but the doorway into thanks,  
and a silence in which  
another voice may speak.

*Mary Oliver*