Listening to Spring

How quietly the earth breathes forth new life.

How eagerly the sun bleeds forth the spring,

I am listening.

I am listening to seeds breaking open, to roots growing strong beneath the ground, to green shoots rising up from winter wombs.

I am listening to thorns blossoming, to barren branches laughing out new growth, to wildflowers dancing through the meadows,

I am listening.

I am listening to the forest filling up with song.

I am listening to the earth filling up with life. I am listening to the trees filling up with leaves.

I am listening.

I am listening to the sky with its many changing moods, to flashes of lightning, peals of thunder, to opening buds and greening grass. I am listening to the breaking forth of light in the vestibule of dawn. I am listening to the freshness of the morning.

I am listening.

I am listening to the rain drops giving hope to thirsty gardens. I am listening to the orchards pregnant with new life. I am listening to the flowers bursting forth in rainbow colors.

I am listening.

I am listening to the brook, to the song of happy waters. I am listening to music rising up from all the earth. I am listening to spring soaring in on wings of life. I am listening to the sounds of spring.

I am listening.

I am listening to prayers pouring forth from feathered throats. I am listening to prayers rising up from misty waters. I am listening to prayers of a meadow crowned with dawn.

I am listening.

I am listening to the growing in the garden of my heart.
I am listening to my heart singing songs of resurrection.
I am listening to the colors of life.

I am listening.

I am listening to winter handing over spring.
I am listening to the poetry of spring.

I am listening.

— Macrina Wiederkehr, OSB., is an author, spiritual guide and a Benedictine monastic of St. Scholastica Monastery in Fort Smith, Arkansas. She travels throughout the United States and Canada as a retreat director.

Stand Your Ground

Lyrics and music by Kristia Di Gregorio copyright 2015 www.kristia.ca

Dark forests wrapped up in our ribbons of light We're moving fast, as to undo the night We're creatures caught up in a cultural fight

We no longer sleep in a cradle of trees And when the wind speaks we don't know what she means The rhythm of time brought to its knees

Stand your ground... beneath your feet Not a sound... step silently You sacred thing this is your home... make it so

We throw to the tides the things we don't need And yet we're surprised that we cannot feed Our silvery, serpentine, circle of greed

We are the saviours of what we destroy Deciding the fates of those we employ Like robbing ourselves is giving us joy

Stand your ground... beneath your feet Not a sound... step silently You sacred thing this is your home... make it so

There is a stillness deep in the green There is a soul there out here rarely seen Brave the unsteadying voice of the stream

If you listen closely she'll say unto you Things without language that are ever true Your nature and nature are not removed, your nature and nature are not removed Your nature and nature are not removed

Stand your ground... beneath your feet Not a sound... step silently You sacred thing this is your home... make it so