

# Connecting New

October, 2015

Simply paying attention is a spiritual discipline. This month I share a painting and poem about watching a sunset...or could it be watching a sunrise? Has it occurred to you that at the very moment you may be watching a sunset, others are watching it rise over the horizon? As a bonus, I also share another poem related to leaning into our connectedness.

## Sunset

It is not possible to watch a sunset alone.  
Even though you may not be physically near another person,  
keep in mind those one, ten or a thousand miles away,  
joining with you.  
And of course God is always there steadfast as the sun,  
ever changing as the earth's position.  
What attracts us is the beauty, the love, the wonder.  
What attracts us is the connection to the whole  
and tasting again our sense of purpose and place,  
nourished like a hummingbird at the feeder,  
like the infant at the breast.  
As I marvel at another sunset,  
I realize once more how deeply good life is,  
and how thousands of people on the other side of the globe,  
at this very moment, are witnessing and experiencing,  
together with me,  
the glory of God from different perspectives.



## Needles

Under suspended pine needles it is peaceful.  
Immersed in thick humid summer air I wait.  
I welcome God to speak, my heart to listen,  
to connect,  
to become a bit more aware again.  
This unyielding force pushing us to more  
is not about us at all,  
rather we are the fruit, the expression,  
the smallest component of the whole.  
Yet we have a choice,  
we have the option to resist...or not.  
I choose not oh Loving God.  
I choose not.

May we all become increasingly aware of, and more fully cooperate with, the goodness of this life.

Peace and Blessings,  
Clarence

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