

Connecting New

September, 2019

This month I share a poem and painting about daily ritual (for me, in the summertime, going into my backyard and engaging with nature). Rituals can mark our days, providing respite, focus and meaning. Sometimes we are drawn into our rituals rather than making a conscious effort. In the painting, I am the darker green figure in the lower right corner.

I invite you to consider what daily ritual or rituals you may have, and how these give you life. Feel free to share them with me if you wish.

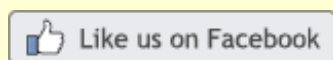
The Day Greet Me

The day greets me to reawaken to life again,
awesome sky, marvelous plants, bees, birds,
and always something new, something more.
They call to me like the sirens and I submit,
pulling weeds, receiving fruit,
engaging with my flying friends.
"Come alive again, really alive this moment.
How could you resist and why would you?"
all spoken directly to my soul's heart.
It's like I reenter retreat each morning -
grounded in love, beauty and goodness -
ready for another day of giving away what I have received.



May we receive what God is offering us this day, that we may share it with the world.

Peace and Blessings,
Clarence



Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

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