

# Connecting New

March, 2025

This month I share a poem and painting about beautiful moments. I welcome you to share with me about some of the beautiful moments in your life and/or how the painting spoke to you.

## Shifting

As the energy of spring awakens, this year feels different.  
Not planning exotic trips or getting in shape for summer activities.  
Perhaps because of age or grace or wisdom,  
I am now drawn more to beautiful moments.  
Moments that may or may not involve me,  
yet connect with the larger, deeper reality.  
Moments like watching a bird build its nest,  
or pausing to soak in a mayonnaise sliver moon in the early night sky.  
Moments like taking a deep breath and embracing it,  
then surrendering its release.  
Sharing experiences of God with another,  
both of us with eyes leaking.  
Listening to the unintelligible over-excited whispers  
of my grandson too close to my ear.  
Enjoying music with others, the audience making it wholely.  
And pausing, pausing to say "Thank You" for the  
gift of such a beauty-filled life.



May we receive more deeply the gift of beautiful moments, to welcome more of them and to be grateful.

Peace and Blessings,  
Clarence

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