Earth, Teach Me

Earth teach me quiet ~ as the grasses are still with new light.
Earth teach me suffering ~ as old stones suffer with memory.
Earth teach me humility ~ as blossoms are humble with beginning.
   Earth teach me caring ~ as mothers nurture their young.
   Earth teach me courage ~ as the tree that stands alone.
Earth teach me limitation ~ as the ant that crawls on the ground.
   Earth teach me freedom ~ as the eagle that soars in the sky.
   Earth teach me acceptance ~ as the leaves that die each fall.
   Earth teach me renewal ~ as the seed that rises in the spring.
   Earth teach me to forget myself ~ as melted snow forgets its life.
   Earth teach me to remember kindness ~ as dry fields weep with rain.

American Indian Ute Prayer passed down from White Buffalo Calf Woman

Sit in stillness under the night sky, sit in a meadow or field, sit under a tree, play with the soil.
Listen to the heartbeat of Earth…the heartbeat of the suffering
How is Earth speaking to me during this current global pandemic?
What is She teaching me? How do I honour the sacredness of Earth?

Keep your journal and seek couple of others to share with.

From the Spirituality & Charism Committee PBVM Srs. Terry Abraham, Maria Lazzaro, & Dorothy Scesny