

## Thoughts from the Garden - July 2015

This month's "Thoughts from the Garden" come from eleven students from Sacred Heart Academy in Hempstead. The girls, ranging from incoming freshmen to outgoing seniors, came for a garden service retreat during which time they helped with the animals and the garden, participated in contemplative experiences in the natural world, cooked their dinners from the daily harvest, and formed relationship with one another and the Earth. One of the prayerful experiences involved some poetry writing. After being given a brief introduction about a poet as someone who is present to the moment, sees the world with all of the senses as if for the first time, and nurtures an attitude of wonder (thanks to the Center for Education, Imagination, and the Natural World from whom these ideas were adapted), the girls had half an hour to be present and to write. This is what they created:



### **Grass**

Carpet of the Earth  
Flowing freely in Nature  
Endless sea of Green

### **The Seed**

Full of potential  
The beginning of God's love  
Growing into life  
- By Aileen Holbrook

*B*eautiful melody

*R*estful wind

*E*asy shade

*E*xciting chills

*Z*any feeling

*E*verlasting calmness

- By Martine Schultheiss

### **The Climbing Tree**

In the silence  
the oppressive summer sun weighs me  
down, even in the lofty arms of  
the climbing tree.  
the buzzing bugs feel the  
weight of her rays too,  
the birds chirp and talk of the warmth  
the leaves rustle with a heavenly breeze.  
And I realize  
It is not silent at all.  
- By Rachel Chieco

A blade of grass  
Tall and thin like a balance beam  
I watch an ant, delicate as a gymnast  
make its journey with tiny legs

The wind makes its presence known  
Its whistling voice wakens the Earth  
Trees swing and grass sways  
Delicate dancing flowers  
Move like ballerinas  
- By Hailey Goodall

Sitting between branches

I see, feel, and listen

sap gliding down the cracked bark

a crusty leaf falls to the ground

Bird songs are carried with the breeze

And I keep climbing

- By Emily Marotta

Thirty Celsius

The breeze has taken a rest

But time must go on.

- By Meaghan Fitzgerald

In creeks and rivers or in the snow that causes shivers.

Water is everywhere; it's always in the air.

It can end a drought or cause a storm

It makes the winter a little more warm

It is a basic need – even for a weed.

- By Kelly Hayden

### Letting Go

The sun is playing peek-a-boo with the clouds

It calls me to do the same

The wind pushes to take the leap.

I take the breeze's hand and jump off to  
join the fun.

The bunny looks both ways

Too scared to hop and run

Too scared to leave his past behind

For his life has just begun.

- By Mary Crinnion



The beauty of nature is breath-taking.

The way the cool breeze wanders through  
the trees

The butterflies dancing through the air

The more I watch, the more I care

I think to myself how joyful I feel

But now I realized I have changed

I have 8 mosquito bites!

- By Caroline McGrath

lonely sunflower,  
 why do you grow where no one knows  
 the time it takes the sun to go  
 beyond the creek, past bedtime?  
 and through your growth, can we  
 both find peace your unkempt  
 life provides,  
 in the midst of maladed world  
 forlorn?  
 grown up alone, oh gutsy blossom  
 your heart remains content  
 fueled by the breeze which tangles  
 our hair, steals parasols  
 and clothes lines too,  
 I wish I lived like you;  
 you lonely flower,  
 grown up all by your lonesome  
 with grace your storms combated  
 with no regret your roots are sown –  
 the strength to live alone  
 and be a part of something too

- By Samantha Nicholson



### **Nature I Wonder**

I wonder if plants have emotions  
 the ones that grow high and low,  
 and live on land or in the oceans  
 Does the rooster crow because it's morning  
 or does he really want to say something  
 Do the bees buzz close because they want to sting  
 or do they want to dance and sing  
 Do trees like to grow tall, thick, and long  
 or are they unhappy because they feel they don't belong  
 Is an apple an apple because that's the name that we gave it  
 or would it rather be called Susan or Margret  
 The grass might be the saddest plant of them all  
 Always getting stepped on, not a chance to grow tall  
 Does a fly buzz nearby because it knows that we hate it  
 or is that just how God's hands made it  
 Does a cockroach or beetle crawl in its hole and cry itself to sleep,  
 when we run and we scream and panically leap  
 Do plants like it at all when they've been watered and it rains  
 or does it feel like sharp wet little pains  
 Do birds really just chirp to make music or a sound  
 or do they really gossip and compare worms they have found  
 Sure all of this may not be true,  
 but if you just imagine what nature could do  
 A flower looks like a flower but it could be more  
 so take some time, and go out and explore  
 Nature is much more than the human eye can see,  
 so come sit outside and wonder with me.

- By Rebecca Francois