

Weekly Meditation by Rev. Teri Lubbers

Consider

Consider the birds of the air... consider the lilies of the field...don't worry ~
Jesus, Gospel of Matthew

From the deck where we drink our morning coffee we watch birds landing on the little platforms we built on to a painted yellow ladder in the corner of the yard. Birds come every morning for the handfuls of birdseed I set out, sipping water from their private dish. Mostly they are chatty chickadees, sparrows, and finches, occasionally the quieter mourning doves come by, making their owl-like hoo-hoo sounds.

We also have a hummingbird that stops by for a bit of sugar-water or nectar from the hedge. I don't know how she moves the way she does, especially when she hovers there at the edge of the deck just staring at us before she moves on to the feeder. And I love the little whirring noise her wings make as she flies away.

The mockingbirds provide most of the music, usually from their perch in the palm tree, the branches of which hang above our deck; they sing continuously, moving from one song to the next without even stopping to catch their breath. There is almost always enough of a breeze that the chimes sound gently as background music to the birdsong.

Instead of lilies, a wonderful wall of star jasmine creates the hedge between our space and that of our neighbor. It feels like a secret garden here. The jasmine's in full bloom, its scent sacramental...

Birds and flowers... Jesus' antidote to anxiety...

Prayer: God, today I will consider beauty that surrounds me, more than anxiety that unsettles me. I need not worry because I am held with care in your love. Amen.