



Often to help us transcend our preoccupations we focus on simple objects and somehow we come to a broader horizon in life. I often use music or looking at the stars, and sometimes very simple items close at hand; a tree, a picture, a cloud, a candle flame. Also, this time of year there is always — grass.

Emily Dickinson (1830–1886) is a good spiritual guide, even though she didn't care much for church organizations. In 1862,

from her upstairs window she could see the youth of Amherst marching away to war. In that time of trouble she wrote, *The Grass so little has to do*. I am very fond of it.

*A Sphere of simple Green –
With only Butterflies, to brood,
And, Bees to entertain ...*

It is good to sit and just look at the summer grasses that surround us. At the moment I do that from a wheelchair but the younger ones, human and animal, glide through the tall grass as if they were swimming. It is good to touch something whose function is just to be,

And hold the Sunshine, in it's lap...

From time to time it is really healthy and nourishing to imitate the grass.

We, like the grass, grow. And all that grows will come to an end. It is the same with all of us. But the poet put a pleasant spin on this process;

*And even when it die, to pass
In odors so divine — ...
And then to dwell in Sovereign Barns
And dream the Days away,
The Grass so little has to do,
I wish I were a Hay —*

When we had a few cows here we had an old barn full of hay. For those of you who shared this experience you know how special it

was to enter the quiet and cool space and be almost overcome by the fragrance of the hay. For me, it was sweeter than the lingering smell of incense in a cathedral.

Those days are largely gone but doesn't something of that memory come back as we mow the lawn or sit in a field and watch the wild oats ripen?

In this, or any, season it is good to take time to sit *and hold the Sunshine* in our lap and be mindful of the grass, which *so little has to do*.

Brother Toby

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