



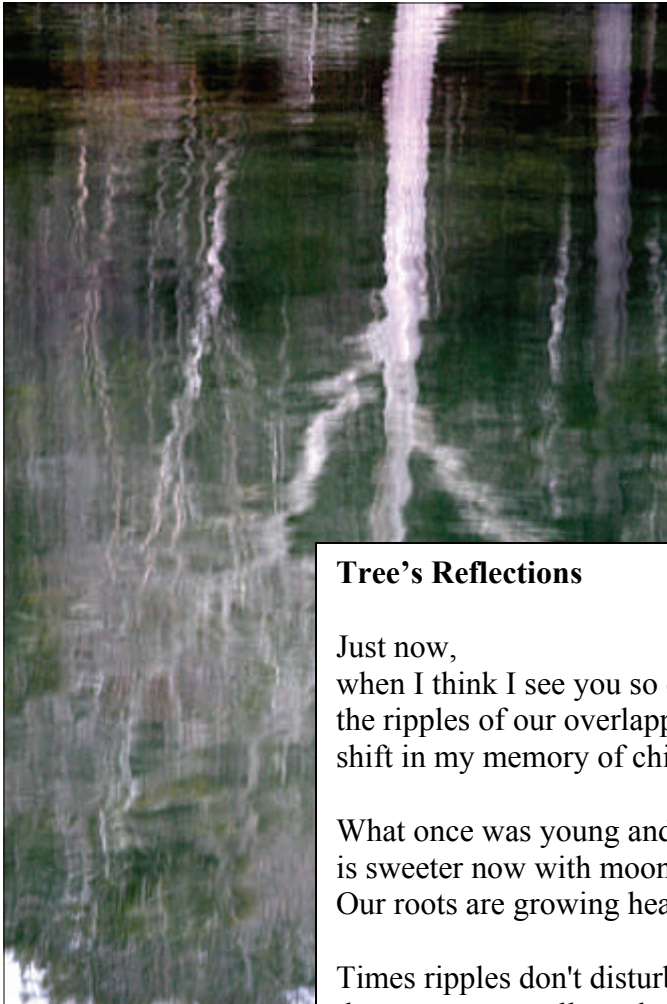
SEEDS

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GOOD NEWS *Associates*

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Tree's Reflections

Just now,
when I think I see you so clearly,
the ripples of our overlapping lives
shift in my memory of childhood scenes.

What once was young and all bright shining laughter
is sweeter now with moonlight glimmer.
Our roots are growing heavenwards, just now.

Times ripples don't disturb the heart of love's remembering,
the sweetness mellowed now with tenderness
as fragile as your brow, just now.

Christine Eleanor Merritt
04-04-08

Who Would Have Known

Who would have known
when we arrived,
how things would have been
when we left the boat,
its oars waiting return touch,
how life would change
so much . . .
so much?

Who would have known
or guessed?
We thought we had
hit land,
real, solid, grainy,
grand . . .
grand.

Gazing back at the vessel
it seems we never came
so far,
after all the rowing
exertion beyond expectation.
There's not disappointment
as much as resignation.
At this point in the journey
content with now
and not striving.

Yet the water
lapping
suggests another
voyage back
again . . .
again.

Christine Eleanor Merritt
01-24-08





Weather vane

What is that, coming out of the blue,
To point me in a new direction?

How can something so rigid take
me to a flowing place of unknowing?

Why would I pay attention to
the capricious dance of an inanimate being?

My fixed mark comes out of a dark place
with no turning, a still light burning.

I must turn to see it, and when I do
the gaze meets me in mystery.

No place but here, no time but now,
no one but me and Thou.

Christine Eleanor Merritt

05-19-08



Gulls Against a Winter Sky

Wings and wispy
branches
in the mist
of winter solace.

What beatings
stir
beneath the bark?
What clear
horizons
beckon?

Christine E. Merritt



Christine Merritt, an Affiliate of GOOD NEWS *Associates* is the founder of Metamorphosis physical therapy. She is a Certified Labyrinth Facilitator, Physical Therapist, Spiritual Director and poet. Visit her GNA web page or physical therapy web-site:

www.goodnewsassoc.org/affiliates/merritt/index.html
www.iahp.com/metamorphosis.

Photos in this issue of *SEEDS* are courtesy of Dr. Christine Paintner, the Program Coordinator for the Ignatian Spirituality Center, an adjunct faculty member at the School of Theology and Ministry at Seattle University and the Art Editor for *Presence: An International Journal of Spiritual Direction*. Dr. Paintner is a blogger, artist, photographer and writer. Please visit her web-site at www.abbeyofthearts.com.

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