



Perspective.. Look up, behold.

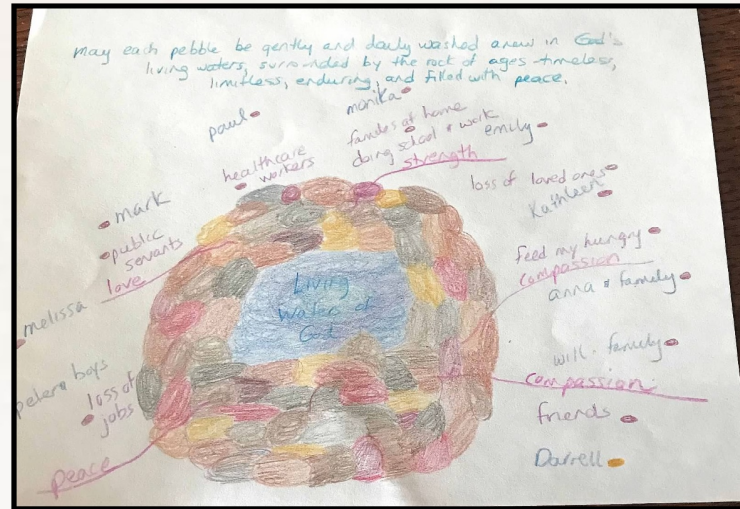


PONDERING GRATITUDE WITH ON BEING PODCAST



But in this new day, God is with us. His love and joy is seen in his creation. Prayers for friends that God hold them like they are in the center of the tulip.

PRAYING IN COLOR VIA ZOOM



Friday April 17, 2020

President Trump puts out guidance on how states can proceed to reopen the economy. It suggests three tiers as different states are in different spots in the crisis. This is being dubbed "plateau week". We have slowed the virus. The danger is not gone, but it is manageable. People's salutation becomes "Be Safe".



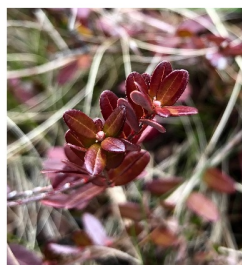
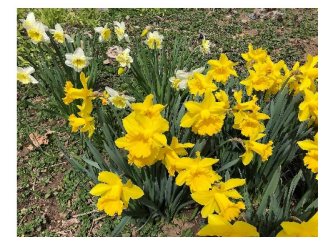
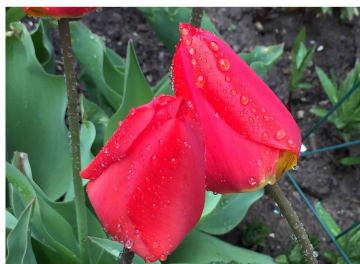
Saturday April 18, 2020
We continue to explore our perspective
with rolling emotions, early morning
sightings of doves and rain kissed lenten
rose.

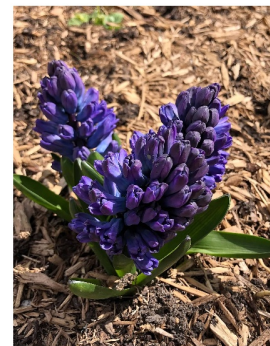
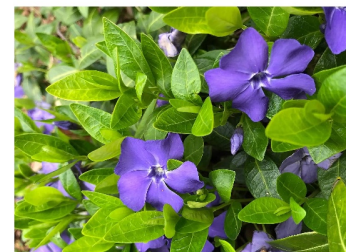
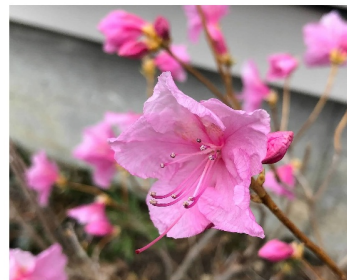
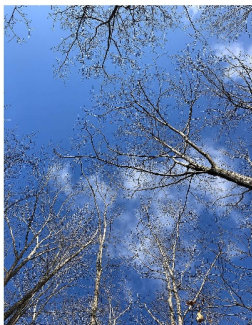
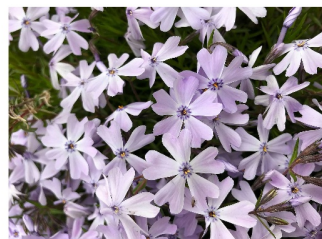
"This is a wonderful day. I have not been
in it before." Maya Angelou

"But when my days are happy, Pink. It's
great to jump and just not think." Dr
Suess



our Many Colored Days







Sunday April 19, 2020

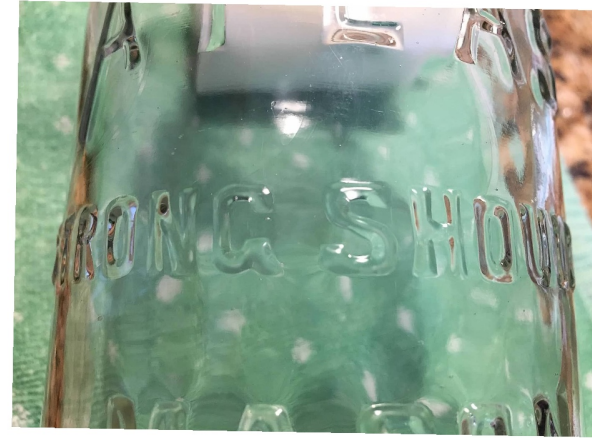
Covid cases continue to plateau or even decrease a little. There starts to be protests in states against the stay at home orders. During this tumult, outdoor walks continue to bring us peace. A blog by Richard Rohr shares a forrest meditation that brings our attention to movement during our walks. Katrina Kennison's blog helps us to concentrate on our blessings. "We are the lucky ones. Honestly, who am I to cry? We are all part of a communal effort to help. "

Outdoor Worship



Monday April 20,2020

We each find more and more amazing things as we open the eyes of our hearts. Even words on jars can give us energy, confidence and gratitude especially for the bond we are cementing through our sharing and through God's love. We each have strong shoulders to offer to the other and our camaraderie keeps our hearts soft, open and searching.



Strong Shoulders



PERFECT



IDEAL



Perspective...look down and be grounded

Tuesday April 21- Saturday April 25, 2020

The news continues to be a constant onslaught of covid 19 news. It appears the peak of new infections/deaths for the US has plateaued. Yet we near 1 million cases in the US, 300,000 in NY alone. Just over 50,000 deaths (which is better than the 80,000 deaths predicted). Also now they have discovered the first death in US was in early February making the onset in the US much earlier than thought. 1 in 6 Americans have filed for unemployment since the start. A worldwide famine is possible. Trying to separate facts from false claims is a challenge. People are desperate to try anything, States are starting to put in place plans for reopening slowly. We had another zoom bookclub and discussed an article about stages of grieving. This has been tough on us all. Encouraging words have become so important.

Nina

Me too. All the above. Thanks Leslie for hosting . After our mtg. I listened to the news that warned of long re-entry in society.. and the real possibility of coved/flu in the fall. Looking for perspective hope and action! My granddaughter asked me to share my 5 favorite colors. What are your fab 5?? I going to answer her by taking photos(of my heart). Action to keep my mind and heart lighter (and perhaps distracted.). Prayers with you and your family who have to do real work today 😊😊🌿🌿🌈



Erlinde B

Good morning! It was good to see everyone last night and my prayer is feelings were validated, framed in a perspective , and then balanced with hope and action.

EB

Nina

Wow , I missed wine down wed.. I will put that on my calendar! I just dusted off my book Grateful, by Diana Butler Bass ,rereading chap 4 "Intentional Practice", made my coffee. Sat down and bing.. I got your text . And you alerted me that today is Thankful Thursday 😊😊 Today will be a good day , right. Read Psalm 95:1-2. 🙏. Maybe it will be Fearless Friday ..peace power purpose, N



Psalm 95

- 1 Come, let us sing for joy to the LORD;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.



Nina

🌸🌸 we planted a Friendship tree and let it join its brothers and sisters put back. There is now a family of 7! All survives and are becoming a forest. They tie me to the woods and times at Friendship. The woods are full of the baby pines all crowding together amidst all the moss- I think I will hang a heart on them all today because they make my heart sing!! Happy Arbor Day! 🌲🌲🌲🌲🌲



100 years ago or so the family that lived here planted special trees such as pear trees and this Tuliptree. The pear trees have long gone but the tulip tree stands tall and has grown so much in the last 30 years since we've been here. It has beautiful tulip like blossoms that unfold when the leaves burst forth. Soon after we moved here I named our house tulip ridge. It never really took but in my mind it did. And the tulip trees expansive leaves have witnessed our lives unfold over the years.

EB



Here is our cherry tree. Actually cherry tree jr as the first one had a disease and was cracking. It sits out in front of my kitchen window. During the winter we hang our bird feeder here and I can watch the cardinals in winter and finches in the spring. It has glorious pink blossoms. And in the summer provides delicious shade in our front yard where many times I sit and pet the dog.

**CELEBRATING THE 50TH
ANNIVERSARY OF EARTH
DAY AND ARBOR DAY**



Psalm 136:8 the sun to govern the day, His love endures forever.

A much need journey to Jackman's Ridge



Opening our eyes to the smallest details



Monday April 27-Sunday May 3, 2020

We saw unfortunate milestones and glimmers of hope this week. We surpassed 3 million cases in the world, 1 million cases in the US. 30 million people have applied for unemployment. There is an oil glut-oil futures trading in the negative numbers, meat packing plants are closing because of the employees getting sick. We are being told that we will need to coexist with the virus for some time to come. There is still a shortage of testing. Because the "curve" is flat (but not declining exactly), states start opening up, each with it's own plan. But we all feel just a little lighter in knowing we can do a little more. As some activities open, others decide that they will close for the summer- summer camps, playhouses. The White Mountains closed off many of their popular trails head parking lots and have closed their high huts for the rest of 2020. Glimmer of hope?? They have approved remdisivir for emergency use. We are still in this together!



The Cure for It All

Julia Fehrenbacher

Go gently today, don't hurry
or think about the next thing. Walk
with the quiet trees. Can you believe
how brave they are—how kind? Model your life
after theirs. Blow kisses
at yourself in the mirror

especially when
you think you've messed up. Forgive
yourself for not meeting your unreasonable
expectations. You are human, not
God—*don't be so arrogant.*

Praise fresh air,
clean water, good dogs. Spin
something from joy. Open
a window, even if
it's cold outside. Sit. Close
your eyes. Breathe. Allow

the river
of it all to pulse
through eyelashes,
fingertips, bare toes. Breathe in,
breathe out. Breathe until

you feel
your bigness, until the sun
rises in your veins. Breathe
until you stop needing
anything
to be different



Our emotions continue to run through depression, anxiety, fear, self pity and pain. When you meditate with nature you'll find answer - like take the time to Breathe. We are alone together.

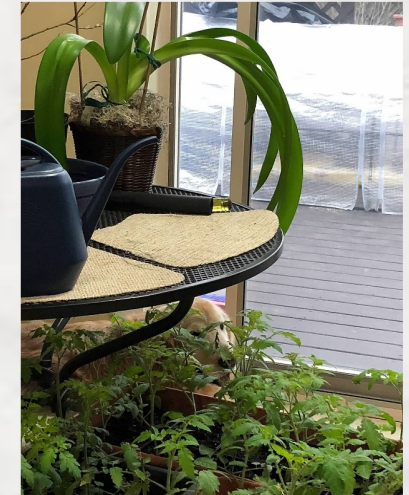
WHAT ARE SOME OF YOUR FAVORITE THINGS?

Humor and truth

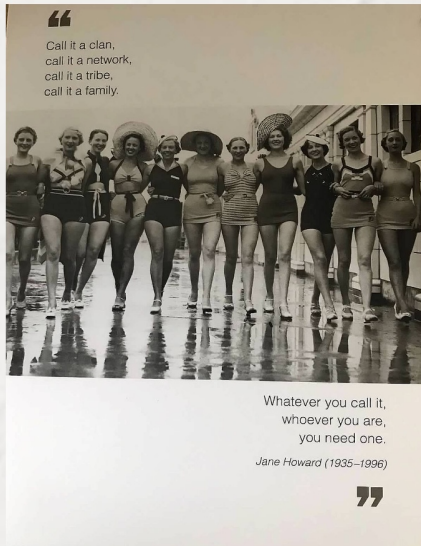
Erlinde- would like to be the girl second from the right, embracing her two friends in a jovial manner, ready to dance, hard moves that come easy.

Nina- wants to be the tallest bathing beauty- tall, dark, skinny knees.

Leslie- I'll be the girl the farthest to the right, standing proud, not bothered by being at the end.



Benny and tomatoes
Love and life



Gratitude... for 2 mile walks
along local trails and for tulips
blooming in the garden.





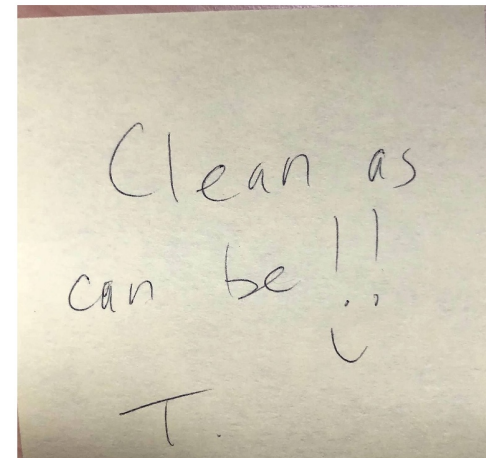
Monday May 4, 2020- Saturday May 9, 2020

Things have started to open. Businesses are adapting. Restaurants to start at 25% capacity. But can you really stay afloat? Commercials abound on how companies can still serve you. Haircut appointments finally made. Cases are not diminishing but staying level at 75,00 new cases/day globally. Does this bring comfort? What will we see in 2 weeks? Wearing masks while out is a must but picnics outside 6 feet away are popping up.

If you are really bored there is no shortage of free classes, performances, or project ideas being offered. Google has been posting their most popular google doodle games for us to play. Recipes are being shared on how to use those odd things you bought when this first started and you still have around. Foodies have switched from showcasing where to dine out to home cooking lessons. Was your planned fundraising run cancelled? It's moved to be virtual. "Giving Tuesday" gave us a way to help other in need.

Beaches remain closed. Maine and NH working together to prevent overcrowding. Mother's day brunch will be take out.

Gardens, blooming flowers, walks and bike rides bring us joy.



We are wearing masks at work for the whole day and making sure all hard surfaces are clean

Hem your blessings with
thankfulness so they don't unravel.



Nina's inside out garden. The flowers face up to the sun.
I will look up with joyful eyes and heart today.



Set aside half an hour every day to
do all your worrying; then take a nap
during this period.



Plants help us to remember our family and friends. The enduring
nature of God's earth seen through splitting plants and taking
cuttings.



We Are of a Tribe

Alberto Ríos

We plant seeds in the ground
And dreams in the sky,

Hoping that, someday, the roots of one
Will meet the upstretched limbs of the other.

It has not happened yet.
We share the sky, all of us, the whole world:

Together, we are a tribe of eyes that look upward,
Even as we stand on uncertain ground.

The earth beneath us moves, quiet and wild,
Its boundaries shifting, its muscles wavering.

The dream of sky is indifferent to all this,
Impervious to borders, fences, reservations.

The sky is our common home, the place we all live.
There we are in the world together.

The dream of sky requires no passport.
Blue will not be fenced. Blue will not be a crime.

Look up. Stay awhile. Let your breathing slow.
Know that you always have a home here.



Japanese silk panel from shadows

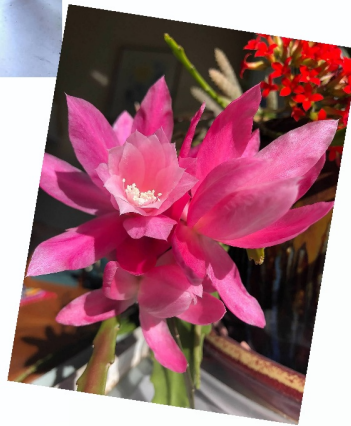
Nina and Leslie thinking about the sky and clouds at the same time while Erlinde did a little yard work.



**Snow on May 9
somehow seems very
appropriate for 2020.**



*Memories of Scott's mom as her
Easter cactus blooms which is a rare
sight indeed.*



*Nina's memories of her mother putting
apple blossoms in her hair for her piano
recitals.*



*Flowers pressed from
Erlinde's mother's
funeral*

*Sunday May 10, 2020
Mother's day
The world topped 4 million
cases of covid 19 today.*

Monday May 11, 2020- Sunday May 17, 2020

States continue with the slow openings, each business with it's own plan to prevent spread of the virus. Church in the sanctuary to be put off longer. Calumet makes the decision not to hold summer resident camp. The trails in the White Mountains open more but not the campgrounds.

Protests continue as people want openings to go faster. It's working though...daily new cases numbers down to 2000/day in the US. The US Senate came back into session. NH House of Representatives to meet in the Wittemore Center so they can social distance. The US House passes a bill to vote remotely. Several cases reported within the West wing.. heighten protection around the president put in place.

College graduations occur virtually with your name appearing on the screen. Speeches abound online from famous people to all the graduates. York decides to do a "soft" opening of their beaches before the Memorial Day weekend. "This is a marathon not a sprint." But who is giving us directions to endure? We do another zoom book club... after all "we are all reading the same book". We just don't know how it comes out. We notice empty calendars, challenged by Nancy to try something new.

People become focused on the future.. what will the fall look like? Will school be in session or be virtual still? Will this be the worst winter ever for illnesses? Can we live in the present moment? Can we continue to search for our true essence?



*Sacred space and time at the
kitchen table*



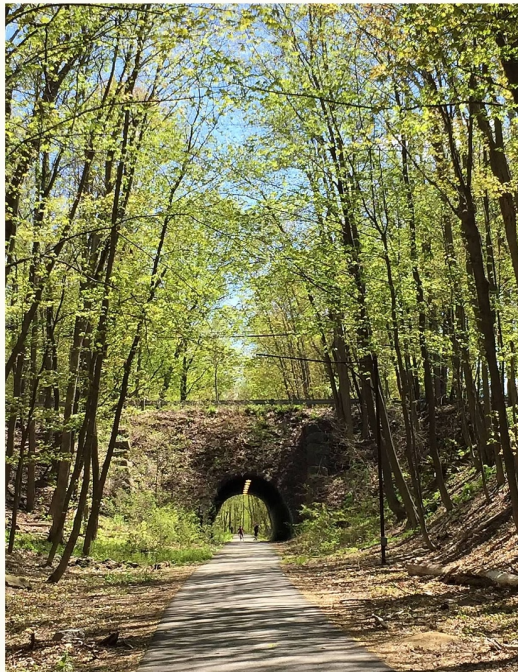
Wonder and awe



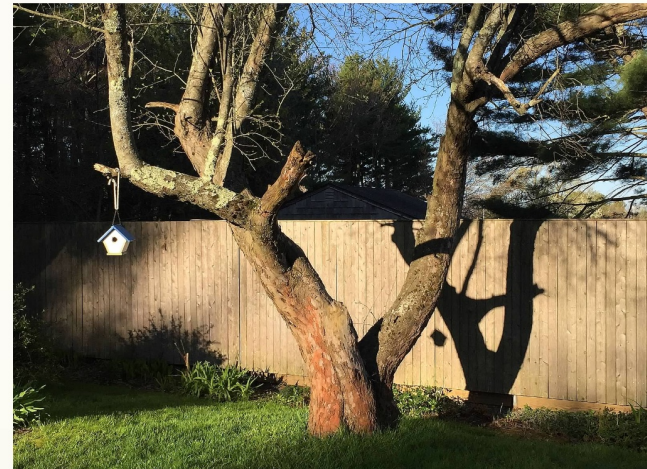
A quick check in



*Looking up, endless blue
Looking down, life anew*



The greening of the tunnel...hope



6:15pm. Shadows and light...life

The Plants and
flowers around us



Light and shadows



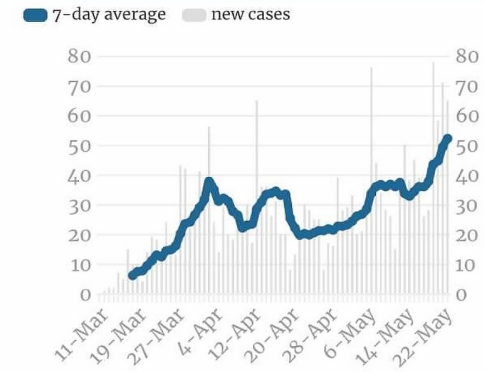
Monday May 18 - Monday May 25
Memorial Day

Phase 1 of reopening has begun. Even though the states formed alliances to make plans together, each state seems to be doing different things. York and other Maine beaches did a soft opening of beaches for "active recreation". NH did not. Some plans include closing off main street so that people can shop more outside and businesses can get going. The stock market continues to be volatile, unemployment unprecedented and the news brings continued economic uncertainty.

Studies are showing some early success in making a vaccine. Will records be broken in its development? Unfortunately, it has come to light that children are not as unscathed as thought. Cases now appearing of "multi system inflammatory syndrome in children, MIS-C". It appears 4-6 weeks after some children have had covid 19.

I've never heard so many "we don't knows" when medical people are talking. Brazil and Mexico are now the epicenter. The world went over 5 million cases. How many did we miss? Many people say they were sicker than they have ever been in February. What will further testing show us? Medical professionals still debating doing "DNA" testing that shows you have active virus or "antibody testing" that shows you had it awhile ago. Numbers seem to be increasing- more testing or more people going out?

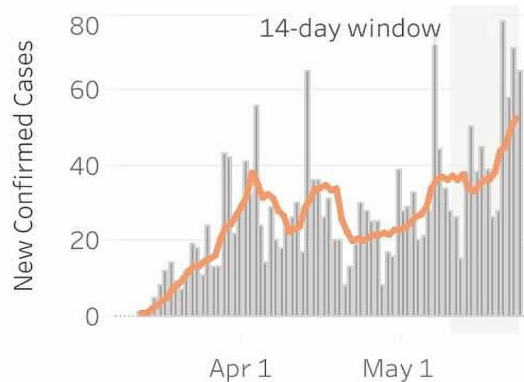
We each need to decide where our "cone of safety" is. Do the benefits to my quality of life out weigh the risks?



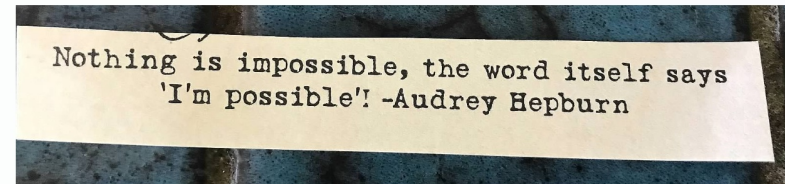
A Flourish chart

New confirmed cases

Purpose: Measure incidence of new COVID-19 cases



Are we opening too fast?



We all need to see old things and ways with another possibility

We have all been busy watching for wild life, whether is it a fox in our yard, deer crossing by or birds soaring through the air. Does less human activity allow animals to be out more? We are saddened by relatives having birthday parties through glass doors of retirement homes and friends having celebrations via zoom. Memorial Day with no friends over for a barbecue. We continue to support each other with prayers for needs.



Can you find the bird?



MEMORIAL DAY
FLAGS TO FLY HALF STAFF ALL WEEKEND TO
INCLUDE THOSE LOST TO THE "UNSEEN"
ENEMY OF COVID.






This was meant to be a journal of the whole journey through a pandemic, but it is only the close to chapter one. How will these blank pages be filled? Will you get tested or will you get the vaccine? How will you enjoy your summer? Through it all, you are not alone!!



**AN ODE TO SOCIAL
MEDIA....**

Jo
@feistyoneme

My husband purchased a world map.... gave me a dart and said "throw this and wherever it lands I'm taking you for a holiday when this pandemic is over". Turns out we're spending two weeks behind the fridge. 🙄



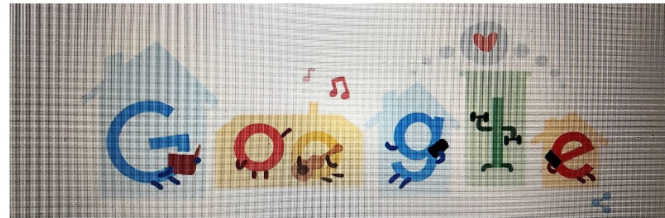
I will teach you in a room.
I will teach you now on Zoom.
I will teach you in your house.
I will teach you with a mouse.
I will teach you here and there.
I will teach you because I care.
So just do your very best.
And do not worry about the rest.

staying home saves lives

@snipitsoftie

I HOPE THE WEATHER IS GOOD TOMORROW FOR MY TRIP TO PUERTO BACKYARDA. I'M GETTING TIRED OF LOS LIVINGROOM.

Lockdown



Quarantine 15

Ran out of toilet paper and now using lettuce leaves. Today was just the tip of the iceberg, tomorrow remains to be seen.

9 1 Comment 2 Shares

30 days to stop the spread

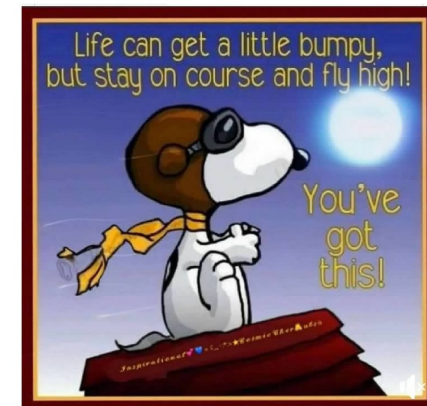


All those grandparents who are missing their grand kids right now. Once this is over you can have them for a month. Sincerely, a tired mom.

Stronger as one



#inthistgether



clap because you care

