Reflection for Monday,

June 26, 2023



Every time I visit my mother’s, I take on a morning walk (usually over to get tea at Peet’s). I amble, walking through the neighborhood in which I grew up. A childhood friend who moved away now lives near the park. A few of my mother’s friends, now in their 90’s like her, live within blocks. But often I am also walking by homes of people who have long since left Los Alamitos or have passed away.

The neighborhood, in Northern Orange County, is in some ways recognizable from house to house, but there have been many alterations in homes. I went by the place where my friend Candy lived as a child, but the house is not recognizable. My elementary school, however, looks exactly the same—only it is no longer the home of the Lee Lancers, but the Lee Lions.

Most notable to me are the changes in landscaping. Some old sycamores remain on Martha Ann (a street named after *both* daughters of the developer), but increasingly often people are putting in drought tolerant plants. I loved discovering a yard with yucca, cacti, and ocotillo as I wandered toward another front yard lush with Peruvian lilies, Cerinthe, and sweet peas.

This theme of change and stability stays with me every time I come home for a visit. I guess I could also put that as adaptation and continuity. As with all things, this is life in the spirit as well. Faith is informed by memory. Once in a while memory can mislead or confuse faith. There are unexpected and delightful discoveries along the way.

A recent New York Times article encourages readers to use this summer to go on walks, whether for reflection or for interaction with fellow walkers. I invite you to experiment with walking for meditation, walking in the spirit. I often find that my best insights, the resolution to perplexities, and the opening to new pleasures all arise when I am walking.

Next week at this time, I will be with my family in Sweden, walking in new places but sharing many memories.

May the spirit attend to your steps as well.

In faith,

Elizabeth