

## Thoughts from the LAAMB Friday May 15, 2020

On our day off Lore and I took the bird house we had made for tree swallows putting it up in a lonely marshy field. The next day after supper we went back to the field. As we entered the huge area, Lore yelled out to me, "Duck down, Perry". So immediately I dove to the ground. Then I said, "What did you see?" Lore said, with excitement in her voice, "It's the tree swallows!!!! They are on top of our bird house." She was looking with her binoculars. Then she said, "One went in our house"!!!!....she was still looking... "Ha! Ha...this is great!" Lore added!! "Here", Lore passed me the binoculars, "take a look". I could see one swallow on top of the house and I didn't see the other one. "That is great! Wow I have a good view of the one on top of the house, she looks beautiful" Lore looked again and said, "I think the one on top is the male. I can see her tail sticking out of the house. It looks like she is checking out the house while he is standing guard. Ha!" she laughed, "some things never change!" I looked at Lore and said, "Well he is protecting her in case a bird of prey comes along." Lore let me get the last word...even though she was smiling after I said that.



What was important for me was seeing Lore really enjoying herself. It made my day!!

We stayed hunched down in the long grass watching the swallows for about three to four minutes and then the birds took off. When we got up to walk into the field, Lore was almost skipping through the tall grass. Her face told the whole story as she was smiling ear to ear.

I was so pleased to see Lore so happy...it warmed my heart. Lore was doing something she loved and it was giving her a new lease on life. As I pondered on the idea that Lore was doing something she loved, I thought, we have all seen people doing things they love. A waitress in a restaurant is smiling, taking the time to have conversation with you and paying attention to your every need. The mechanic that is whistling while he works comes over and explains everything to you. The worker at the grocery store, who listens to what you are looking for, takes you right to the product and then says, "Can I help you with anything else?" In most cases, these people make our day. We have all experienced these people who love what they are doing. They are meant to be where they are and they love it.

What do you love to do? What makes you happy...content? Maybe you should think about doing some of those things that you love, that make you happy. It might help you on those challenging days when you are finding it hard to get through the day.

I discovered on my day off after coming back from putting up the bird house that I had forgotten a zoom meeting with Bishop Michael and the Lutheran clergy. It was scheduled two weeks ago. I reluctantly wrote it in my day book even though it was on my day off... which in the past, I have been firm not to hold meetings on.

I sent an email to Bishop Michael and the rest of the Lutheran clergy letting them know the reason for missing the meeting. I told them that Lore and I were putting up a bird house we had made, adding that I completely forgot because I don't look at my day book on my day off. Bishop Michael sent me a very positive response. Perry, you were at the right meeting enjoying time with your wife. We all need to do that from time to time...spend time with those we love. I guess Bishop Michael sums up my reflection. If you can't spend time with someone you love on those challenging days try to do something you love. Hope this works for you; I know it does for me.

Perry