

Birdsong Vespers Chat

14:01:44 From Simon de Voil : <https://simondevoil.com/birdsong>

14:05:09 From Simon de Voil : <https://simondevoil.com/birdsong>

14:05:45 From Ann Lancaster (SDI) : Breathe in by Peter Mayer
Hands open to the day. Breathe in. Breathe out.
Hands joined as if to pray. Breathe in. Breathe out.
Arms reaching to the sky.
Then circling around down to the earth.
Eyes lifted to the light, to the light.

Hands, branches catching rain. Breathe in, breathe out.

Then rising like a stalk of grain. Breathe in. Breathe out.

Arms reaching to the sky.

Then circling around down to the earth.

Eyes lifted to the light, to the light.

14:08:32 From Ann Lancaster (SDI) : Open my heart by Alexa Sunshine Rose

Help me open my heart, so I can hold
All that I need to hold (3x)

Help me open my heart, so I can feel
All that I need to feel (3x)

Help me open my heart, so I can know
All that I need to know (3x)

Help me open my heart, so I can heal

All that I need to heal (3x)

14:12:14 From Ann Lancaster (SDI) : Singing field by Chloe Goodchild

Beyond ideas of right and wrong doing

There is a field, a singing field

I'll meet you there (x3)

14:16:36 From Leanne Schamp : Ohhh. . . so beautiful. Thank you, Heather.

14:17:00 From Sandra Wortzel, Central Pomo land (she, her) : Deeply moving and sweet

14:17:05 From Ann Lancaster (SDI) : Love serve and remember by John Astin

Why have you come to earth,

do you remember?

Why have you taken birth,

why have you come?

To love, serve & remember.

14:22:02 From Ann Lancaster (SDI) : PSALM 34 (Interpretation by Christine Robinson)

How exactly do I do this?

By opening my heart in gratitude and praise
for all the gifts of life.

By focusing on the astounding intricacy of the world.

By attending to the still small voices of healing and renewal
which save me in times of trouble.

And by loving life and honoring that gift,
speaking truth, doing good, seeking peace.

When I serve the highest I know

I serve whatever God there is.

The joy of this, no matter what my troubles,

will keep me whole.

14:22:24 From Ellen Liberto : yes have joined via video

this is Ellen from Menomonie wisconsin

14:22:28 From Margaret Burke : You tube

14:25:55 From elisabeth.h : I have only joined birdsong via YouTube, I have deeply enjoyed it,
blessings from Norway

14:26:39 From Jeanette Banashak : Thank you for this beautiful time!

14:26:46 From Ann Lancaster (SDI) : Solo Song: Wild geese poem by Mary Oliver
Slightly adapted LYRICS

You don't have to be good

You don't have to walk on your knees for a hundred miles

Through the desert, repenting.

You only have to let the soft animal of your body

Love what it loves. (2x)

Tell me about despair

And I'll tell you mine.
Meanwhile the world goes on
Meanwhile the clouds and the clear pebbles of rain
Are moving across the landscapes,
over the prairies and deep trees.
Meanwhile the wild geese, high in the clean air,
Are coming home again.

So whoever you are
No matter how lonely
The world offers itself to your imagination,
Calls you like the wild geese, harsh and exciting,
Over and over announcing your place
In the family of things.

14:29:57 From Audrey Brendel : I was able to join Simon at Kanuga in the Spring for Birdsong Vespers. It was such a beautiful time.

14:30:22 From Stella-2(BAY VIEW, WI) DeVenuta OSF : Daily BIRDSONG VESPERS during Simons being in residence at Kanuga....and then recently being in KANUGA, early oct. for the David Whyte & Catherine Meeks days ." BIRDSONG" , Forest Bathing with Jeanette were all blessing for me. ...especially being in the sacred space of the St. Francis outdoor Chapel ..were so very right for my heart.

14:30:44 From Sandy Smith : Reacted to "Daily BIRDSONG VESPE..." with ❤️

14:31:38 From Stella-2(BAY VIEW, WI) DeVenuta OSF : Aimee, "KISS" the Creek for me!

14:31:50 From Sandy Smith : Reacted to "Aimee, "KISS" the C..." with 👍

14:32:17 From Claire Donovan : I have a poem.

14:32:26 From Ann Lancaster (SDI) : Bless the Lord (Taizé chant)

Bless the Lord my soul,
and bless God's holy name.
Bless the Lord my soul,
who leads me into life.

14:33:19 From Aimee Bostwick : Reacted to "I was able to join S..." with ❤️

14:33:28 From Aimee Bostwick : Reacted to "Thank you for this b..." with ❤️

14:35:14 From Rebecca Hines : I can't hear her

14:35:50 From Ann Lancaster (SDI) : Undo me by Richard Bruxvoort Colligan

Undo me untier of knots I am ready

Undo me untier of knots I am ready. I am ready,

1. Because I am tangled, longing to be free,

Free from these patterns. Undo me

2. Because I am wounded, aching to be healed,

Healed to be joyful. Undo me

14:36:40 From Claire Donovan : I want to be the kind of woman who can wake with a pain in her back and still rejoice in being alive and smile to see the morning's light and promises of God's love shown in birdsong and rain.

14:36:57 From Ann Lancaster (SDI) : Reacted to "I want to be the kin..." with ❤️

14:37:08 From Sandy Smith : Reacted to "I want to be the kin..." with ❤️

14:37:09 From Claire Donovan : I want to be the kind of woman who can sit with homesickness with gentleness, gratitude for loved ones and connection beyond time and place.

14:37:28 From Joan Alexander : Reacted to "I want to be the kin..." with ❤️

14:37:32 From Joan Alexander : Reacted to "I want to be the kin..." with ❤️

14:37:44 From Claire Donovan : I want to be the kind of woman who can hold pleasures and joys of the day alongside disappointments and yearnings and accept them both.

14:38:05 From Joan Alexander : Reacted to "I want to be the kin..." with ❤️

14:38:21 From Martha Highsmith : This is my land

that I hold in my hand.

But not mine – rather all who came before –

known to me and

natives here eons ago.

And not mine but all who come after –

unknown to me –

ones I cannot instruct or control who will do as they will with this dirt, this place.

May it grow food and flowers for them;

ground them in grass wet with dew;

harbor earthworms;

hatch dragonflies;

form a basin for puddles when it rains a century from now.

May it form a basin for me, when I lay down my ashes,
when I live out the prophecy of ashes to ashes, dust to dust.
May I become one with this land, this earth, this dirt.
May my soul, spirit, dirt nourish generations to come, those I do not know and never will.
And yet they will know me and they will hold me in their hand.
I will be part of the land –
theirs and mine.

14:38:26 From Claire Donovan : I want to be the kind of woman who knows all will be well and feels God's embrace ever-present whispering I love you and responds I love you with a smile on her face.

14:38:49 From Kate's iPhone : Praying & listening from Saint Francis, WI. Thank you Sr Stella for sharing Simon's beautiful music & prayer

14:39:05 From Aimee Bostwick : Reacted to "I want to be the kin..." with ❤️

14:39:20 From Rose Blank : I have a haiku that I wrote I can share

14:39:43 From Joan Alexander : Reacted to "I want to be the kin..." with ❤️

14:40:29 From Ann Lancaster (SDI) : Magnificat

My soul shall praise and magnify you Lord

Yes I will come, Yes I have come.

I hear your voice it's calling out my name

Into my life, You shall be born

All generations praise to hold with me

The sacred heart, my beating heart,

My soul is placed into this fire of love

Yes it becomes, God's will be done

14:40:39 From Ann Lancaster (SDI) : The proud cannot hear beyond their words

Their thoughts enclosed, so stale and old

The rich cannot receive what they don't own

This emptiness, the spaciousness

All generations praise to hold with me

The sacred heart, my beating heart,

My soul is placed into this fire of love

Yes it becomes, God's will be done

14:40:48 From Ann Lancaster (SDI) : Spread out the feast, let those in hunger come

Your face be shown, your love made known.

The humble hear your voice, with you they sing

Magnificat, Magnificat
All generations praise to hold with me
The sacred heart, my beating heart,
My soul is placed into this fire of love
Yes it becomes, God's will be done
Reach out to touch the world that is to come
Magnificat, magnificat

[source inspiration = Luke 1:46–55]

14:45:42 From Ann Lancaster (SDI) : Deep Peace
Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the son of peace to you
Moon and stars pour their healing light on you

14:47:32 From Jeanette Banashak : During this, I've been walking thru the bird sanctuary near our home in Chicago and singing w the birds. Saw our first owl this fall.

14:47:33 From Leslie McCarthy : Thank you so much. ❤️

14:47:41 From Elisabeth.H : Thank you<3

14:47:43 From Sandy Smith : thanks to you all!

14:47:44 From Rose Blank : Thank you so much for this!

14:47:46 From Rasheeda : Beautiful

14:47:48 From Rebecca Hines : Thanks so much! Peace

14:47:57 From Susan Levitt : Thank you everyone

14:47:59 From Robert : Thank you

14:48:02 From Donna Wehrley : Thank you!

14:48:02 From Shannon : Thank you!! So wonderful ❤️

14:48:03 From Ellen Liberto : soooo good 🍷

14:48:03 From Dan Vogel : 🙏

14:48:03 From Stella-2(BAY VIEW, WI) DeVenuta OSF : TY SDI...and all!