

Taking a 'moment'

Most weekends, I generally have company when I do the morning barn chores.

The Sidekick pretty much always helps me feed the sheep and tidy up the barn on those Saturday mornings.

She also finds it's the perfect time to play with the new-born kittens or take part in a game of catch with Hamish, but in her mind it's still under the umbrella of 'chores'. (The funny part—she thinks I haven't noticed.)

Last Saturday morning, we both stepped out the door, into a wash of sun that poured over us like warm honey. We were immersed in the sound of birds chirping.

"Stop! Just for a minute," she said.

Being the obedient guy that I am, I froze in my tracks, trying see what she was looking at.

I figured it might have been a deer in the marsh, or perhaps a wild 'tom' turkey fanning out his magnificent tail feathers, out in the middle of the old pasture field.

Geez, it could even have been something as ordinary as a stray cat that was passing through.

But it was none of the above.

It was the atmosphere.

"Look around us. Look at that tree over there," she pointed. "Listen to the birds."

The birds were subtle, but beautifully chirping while dive-bombing through the air on the wing.

The early morning sun, with its low raking angle, wove its way through the marsh, playing off the trunks of the trees, while back-lighting a shock of bright red leaves, creating a little magical 'rim' around each individual leaf.

It was indeed a picture of beauty—geez, it was downright magical.

We both watched for perhaps 30 seconds— maybe a minute at most, but that was enough.

"We don't do that often enough," she said. "We're always in some huge hurry to go somewhere, or to do something."

I agreed, remarking how we are surrounded by some really neat sights, yet

Ted Brown



we chose to simply ignore them, or let ourselves be over-burdened with other things— often things that could wait, if only for a few minutes.

I really believe that we need to allow our minds— and in doing so, our bodies and spirit— some time to recharge.

Because of that fleeting moment, the rest of the walk to the barn was gorgeous.

There were countless sights which we pointed out to each other— all ordinary in their own right— but made special with the addition of the sun, the sounds, the smells, and all those other senses that make up the atmosphere around us.

Last weekend was the first, after a very long summer, that we actually had to ourselves. We'd been out of town the previous weekend to a wedding, and the other weekends in the past months had been filled with jobs and commitments that made free time virtually impossible.

We were due.

The sharp eye of The Sidekick, as we stepped outside that Saturday morning, set the tone for the rest of the weekend.

We didn't accomplish a great deal. The house and the barn didn't get their usual weekend tidying-up session. And the dirty laundry is still waiting to be tossed in the washing machine.

But I can honestly say we had some much-needed rest and relaxation, as well as a sense of peace, just admiring the world around us.

And sometimes, taking that magical moment is far more important than anything else in this world.

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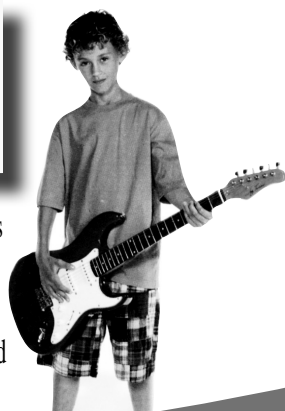
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