



## **Sharp Shinned Hawk**

Sitting in my Covid office outside on the porch,  
Looking out at nature from my typing perch,  
The native plants are flowering – looking good,  
The hummingbirds are foraging looking for food.

Motion in the live oak catches my eye,  
Something has just flown in from the sky,  
Looking up I can see a smallish hawk,  
Sitting on a limb, grasping the bark.

It's not real big but looks like a Cooper's,  
No need to look for it in my computer,  
A sharp shinned hawk has come to visit,  
It may only stay for just a minute.

But to my surprise it meets my eyes,  
Its gaze fierce with no compromise,  
The breast outstanding streaked orange and white,  
And it's decided to stay to my delight.

This is a treat brought to me by Covid,  
Which left my law office seeming outmoded,  
I'd have never thought to set up outside,  
A place I now occupy with great pride.

Earth Church is part of my office today,  
And almost immediately takes my stress away,  
Bringing calm and soothing out my psyche,  
Making the chance of success more likely.

What synchrony – what power – from a single encounter,  
A moment of truth to convert the doubter  
Of the fact that nature has the power to heal,  
Giving my porch office such great appeal.

It's no coincidence Covid chased me to Earth Church,  
And helped me think and do hopeful research,  
Earth Church is always there for me,  
With a warm embrace and providing company.

So welcome to Earth Church,  
Pull yourself up a pew,  
Say a prayer that a hawk  
Will go to work with you too.