



Virus Vigil



Kind



## Lungs and Trees

A connection exists between our trees and our lungs,  
It's a story most important, but generally unsung,  
A relationship that's essential in Covid time,  
We need understanding and a new paradigm.

The lungs connect us to our body's fuel,  
We need oxygen from trees – that's the rule,  
Each day trees pump oxygen out to us all,  
No money required, free to both big and small.

Today our lungs seem more and more vulnerable,  
Some days I find it hard to be comfortable,  
For Covid is always hanging around,  
Trying to put me below the ground.

Contrast Mr. Covid with your friend the tree,  
Your partner in living, a good entity,  
It plays a key role in keeping you alive,  
Day after day, helping you survive.

We are more fragile than we like to admit,  
And our lungs are a target for a direct hit,  
For they are wide open to the world outside,  
And that makes their role become amplified.

Earth church is about life and you and me,  
Our spiritual basics support hugging the tree,  
We should embrace what helps me and you,  
We need an appreciation breakthrough.

Just think for a moment about what we value,

About what we desire, about what we pursue,  
And then think about your attention to a tree,  
It's clear we lack the right priority.

So I'm sending thanks from my lungs to the tree,  
For being an oxygen source for me,  
For keeping me breathing when others attack,  
I thank the tree for having my back.

So welcome to Earth Church,  
Pull yourself up a pew,  
Here we breathe oxygen in  
And tell the tree "thank you".