



### Emblem of America

(Since 1782 A. D.)

Painting and poem by Hulda Sellingsich, SFO

The bald eagle – strong and free,  
Large brave and beautiful, will stand  
As emblem of our land.

The eagle's nest built high may be  
Over land, lake, near sea;  
Withstanding storms of awesome might,  
Safe from prey day and night.

Stout-hearted mates, chosen for life,  
Share their work, claim their site;  
In nests of sticks built high each year  
They hatch chicks without fear.

The bird's defense for any cause  
Is its sharp beak and claws;  
Nature's way for sustaining life,  
Avoiding rise in strife.

The eagles, beautiful in flight,  
Through gift of long range sight  
Can see what lies on earth below,  
Alert for food or foe.

Stern eyes, yellow beak, and head white  
Add stature to great might.  
God grant our emblem and land be  
Ever safe, strong and free!

### Our Vacation by the Sea

By Angela Wagner, SFO

In a beautiful beach house by the sea,  
My family gathers; so dear to me!

Selecting sea shells; seeing sunrise;  
Savoring sea air; we're so free!

Riding waves; wading chairs;  
Seeking sand crabs; brave are we!

Morning walks with my grandchildren,  
Full of goodness and glee –

Just one week by the seashore,  
So precious to me!

### A Promise

By Shirley Hainse, SFO

I loved you yesterday  
In the spring of our life.  
It was a time of new beginnings,  
The awakening of our sensuality  
The dawn of our commitment  
My promise to be always yours.

I loved you yesterday  
In the summer of our life.  
It was a time of giving and taking  
The gift of our children from God,  
The days of forgetting of self,  
My promise renewed.

I love you today  
In the fall of our life.  
A time of reaping our harvest,  
Commitments brought to fruition  
The afternoon of knowing each other.  
My promise the reality of our love.

I will love you for all our tomorrows  
In the winter of our life  
The seeking of our roots in God,  
His divine love giving us peace.  
The night a time of wisdom  
His promise to be with us always,  
My promise to you an echo.

## St. Francis in Song

By Kenton S. Miller, SFO

How sad to be without a Song,  
All dust and empty silence  
Locked inside each day,  
A marionette dangling  
On soundless strings  
Of dry necessity,  
When Joy is in full Chorus,  
Swelling in my breast till it explodes  
And fills the universe with Love!

Within confines  
Of your heart, too,  
A Song is being sung  
And its Harmonies  
Can radiate and resonate  
And shatter the icy glass encasement  
Of your soul.

If you but learn to listen,  
Adagios will fill your ears,  
Endless etudes of boundless Love  
In symphony of Compassion,  
Then you too can join the Chorus  
Of those for whom the Lord  
Has sung His cosmos into being.

### GOD'S WHISPER

By E. Jennings, SFO

Imagine –  
God's whisper  
Sticking to our skin like glue.

Imagine –  
God's Whisper  
Seeping into our every pore.

Imagine -  
God's Whisper  
Filling our lungs with His Wind.

Imagine –  
God's Whisper  
Enflaming our hearts with His Fire.

Imagine –  
God's Whisper  
Re-programming our brains into His.

Imagine –  
God's Whisper  
Shooting out of our eyes to all we see.

Imagine – God's Whisper!



By T. C. Chiu

## Love Beyond Love

By Ellen Jennings, SFO

No love is freer for winning souls,  
No love is greater for healing wounds.  
The culmination of life on earth  
Is found in the love from Christ's own birth.

To come to save us was only half the plan;  
The treasure found in the Lamb  
Was greater far beyond all thought;  
Containing blessings the wise men sought.

A Heart of compassion for all those in sorrow  
Who sees now only darkness, but receives Light  
tomorrow  
For Christ's Heart so Sacred shows us an end to our  
plights.

That Heart that taught and led and healed  
All who followed – and provided a meal.  
The Heart that bid the children to come  
To receive blessings that pour forth from the Son.

That Heart that gave a lasting call –  
From a spear's wound the blood did fall.  
And into the land such Love it did impart;  
The great Agape Love from Christ's Sacred Heart.