

MAY 2016
OUT OF THE DARKNESS

Dear Friends,

Recently, one of the moms of the baseball team that Scott and our son Nathaniel coach, gave me a gift of bulbs... hundreds of them! Dahlias, lilies, ferns, elephant ear, peonies, hydrangea and more. Since our yard consisted mostly of gravel, this has been a most welcome gift! I gave away many. The ones remaining have taken a few weeks to get into the ground. And whenever I open a package, I am always amazed at the tenacity of these bulbs, who have spent too much time in the darkness... yet keep putting out roots and branches. They are so very hopeful and determined to grow! This is a beautiful metaphor of the human spirit. This past weekend, I was leading a session on *Voices of Compassion: The Power of Music in Palliative Care*. At the conference, I heard a quote from the Talmud that I've always loved:

Every blade of grass has its angel that bends over it and whispers, 'Grow, grow.'

The Huffington Post has an interesting article about growth by Rabbi Alan Lurie. I quote:

"Now you begin to realize that there are possibilities for understanding the world to which you were completely blind, because you absolutely believed your construct about how things are. Suddenly the incredible possibility arises that your construct may not be the absolute truth, and there is another way of seeing things. Then, in the birth of new possibilities you grow and are pulled forward, as new ways of seeing your life and the world appear. Then, you look back of where you've been with gratitude at the urgent, persistent whisper of growth."

OK. This is turning into a sermon. Not intended. Just what happened as I began writing. And it does reflect the constant amazement I feel at how often I am challenged to see things from a different perspective...to continue to grow.

Since coming back to Bellingham last June, I have been challenged to step up, to expand, and to grow as I find my place in this constantly changing world. Friends are dying... most recently, Bob Fitch, the amazing photo-journalist who was a friend in the 70s and beyond. A day later, Dan Berrigan died, whom I heard speak, who inspired songs, and who helped me shape my own commitment to faith and justice, are also dying. Every day I realize the preciousness of the time left to me, and feel the need to use this time wisely in such chaotic times.

Attached is a summary of events I'll be part of over the next few months. Below is quite a nice recipe, using dill from our garden. I fixed it last night...it's taken from WebMD (and I'm hoping they don't mind that I'm sharing. It's a good web site). I'm also attaching a photo from the *Procession of the Species* event here in Bellingham. Our Women with Wings group paraded as a "river of birds". And there's a poster for an upcoming workshop.

May you embrace those angels bending over you, surrounding you, and whispering, "Grow!"

With love,

Linda

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PS: Please let me know if you'd like to be removed from this list. Just hit reply and put "remove" in the subject line. My list is VERY long and likely way out of date! I won't be offended by a request to remove.

Lemon Dill Chicken

Ingredients

- 4 boneless, skinless chicken breasts, (1-1 1/4 pounds)
- 3 teaspoons extra-virgin olive oil, or canola oil, divided
- 1/4 cup onions, finely chopped
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons dill, chopped fresh, divided
- 1 tablespoon lemon juice
- freshly ground pepper, to taste
- salt, to taste

Instructions

1. Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.