

## Personal Reflection – June 16, 2023

### **This Butterfly**

Oh my! I awoke today to sunshine (7:15). I made a great Sunday breakfast and listened to the classical station's *Great Sacred Music* while enjoying my coffee. I took a safe shower – thanks to a shower chair given to me by my friend, Megan.

Rumbling through a drawer, I found an unexpected butterfly pin. Never saw it before! There it was, to bring me this “nudge”: I am now a *conscious* butterfly, looking over my shoulder to the shadow of a rather abhorrent caterpillar. “God, I do love your design.”

Today, soon to be my 92<sup>nd</sup> birthday, I am aware of the wonder of my life: caterpillar and butterfly. Now, winged and beautiful, I can fly. What a metaphor! I don't know what it means yet, but *soon*! Meaning emerges in this environment: the quiet of my home, my back porch, my sunroom, my forest, Mozart on the Bose, The Met Opera on the television (not so quiet but achingly beautiful), a friend coming with lunch.... Joy!

I trust *this* butterfly's wings will flutter and, with God's help, touch the pain of the world.

--Jane Vella