

# Finding nature & sanctuary in the city

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**Figure** *Fagus grandifolia* city sanctuary



## MORE ONLINE

### Audio

Listen to Dr. Jacobs read this story.

[NPub.org/2qheef](https://www.npub.org/2qheef)

We move in silence  
a small community practicing  
slow walking  
around jeweled side streets  
we don't usually see  
no two houses the same—  
stone, stucco, brick, clapboard—  
each ringed in green, coiffured  
flanked by a 2-car garage.  
We have passed by them many times  
blinded by thoughts  
driving us forward or backward,  
consuming us.

Today we support each other  
with small steps  
focusing  
cameras clicking  
noticing  
the lushness, muchness:

fiery maples, click!  
pink blossomed cherries, click!  
overhead trellises  
of limbs and leaves intertwined, click!

We visit the ancient tree,  
made into a shrine,  
one half acre canopy standing alone  
after the church got converted  
into condos.

We circumambulate  
*Fagus grandifolia*  
(a 150-year-old Copper beech),  
its thick roots above ground,  
growths bulging on its trunk,  
arms reaching into the ether.  
We crane our necks  
seeing patches of sky blue  
through a crown  
of red and green.  
Smooth skin invites touch.

So we touch  
our *recovery mentor*  
strong, resilient, thriving  
anchoring us  
in the now and here

reminding us  
*Everything changes.*

After 20 minutes in Eden  
we grow calm  
practicing silence  
meditation in nature  
sparking hope  
calming fear.

Seated back in the classroom  
pens skate across paper  
We move in silence  
words untold unfold  
until we hear  
the bell of mindfulness  
3 times ringing  
waking us.  
We share,  
clap, praise  
and without ego  
rearrange  
cut, replace words,  
suggest line breaks,  
empower verbs.  
We are imagining  
connecting, changing  
starting anew.

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