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Keep the feeder full

By Elise L. Moore, C.S.B.

A neighbor maintains bird feeders in the public area in back of our condo. There are the regulars like cardinals, Carolina Chickadees, sparrows - and then the frequent visitors - Blue Jays and mockingbirds. Warblers visit during migration and sometimes a Spotted Towhee or two. The birds didn't use come to the back yard until the feeders were kept full. When the feeders weren't maintained, the birds simply went elsewhere to be fed. We need to keep our feeder full, or rather our thought full of genuine spirituality, compassion, spiritual understanding, and think about the evidence of God's healing power. If we keep our thought filled with seeds of inspiration, hope, faith, spiritual love, this actually promotes healing. Often this is healing. These are the seeds of inspiration that feed us and heal us and heal others. Where do we find these seeds of inspiration for our feeder? For me, I find seeds of revelation in the Christian Science Bible Lessons. Every week, well actually every day - sometimes every hour, I find encouragement, instruction, exactly the seeds of truth that I need for that moment. The Bible Lesson fills my thought with inspiration in the morning and then I can refill with inspiration all during the day by keeping the Bible Lesson with me. Instead of feeling depleted by the end of the day, my feeder is full of spiritual views. So today, let's fill our thought with inspiration, spiritual love, grace, and good ideas from God. Let's keep the feeder full.