

FOOD FOR THOUGHT - The Sanctity of Seeds
Linda Gregg, CSJ, on behalf of the Federation Ecology Committee



To plant a seed is to activate one of the deepest mysteries of the universe. Thomas Berry

I have gardened for many years and yet, each spring as I begin to excitedly sort through garden catalogues and thumb through my stock of saved seeds, I pause in wonder. I cannot fathom how mysterious and magical these small bits of dry matter are. Life will spring from these tiny and diverse looking seedcoats. Each has its journey before birthing; whether the winds transporting to new fields, ice scarring the hard shell into new openness or waiting for the right temperature that is the emergent seed's cue to life. When seeds are buried in the earth and are watered, the seed essence nestled beneath their seed-coat somehow knows it is time to breakout. It is the paschal mystery written into the life of a seed and all creation. The journey into the darkness reveals the sacred pathway of being. The journey into letting go and finding new life emerging.

In each seed there is a starter survival kit - a small parcel of food to energize the new life, a starter root and small seed leaf to initiate the photosynthesizing of energy for life. Yet each seed incredibly has scribbled in its being the roadmap of life, its specific pathway of being. Whether a tall, stately cedar tree, or an ordinary and delightful dandelion or even an enticing cob of freshly buttered corn. Embodied in these humble messengers is the sanctity of life.

A I reflected on seeds and the wonder of life I remembered a poem I had written some years ago. It is

perhaps reflective of our own soul's journey.

Deep inside the dark
the seed knows
as sunlight seeps down
to greet it
rainwater trickles
gentle blessing
and the earth warms
softly around it

The seed knows
that it will grow
and change
that it will journey
through darkness
finding a way
following the light

Soon it will be
breaking open its heart
in struggle
in loss
opening into
a new way
of being
a new way
of seeing

Deep inside the dark
with the sun warming down
the seed knows



Linda Gregg, CSJ

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