

Moments in the Park

A Mindful Journey through the Seasons in St. Paul, Minnesota

by Tracy Kugler

December 20

Icicles spill from the edges of roofs in great torrents, waterfalls that lost heart halfway through their journey and dwindled away to emptiness.

January 23

Wind trails its fingers through the dry leaves of a large oak with a sound like gentle waves on a lakeshore strewn with pebbles.

February 14

Snowflakes survive ten thousand foot tumbles to display their delicate complexity for a fleeting moment, then fade with the touch of a breath.

March 21

The moon hangs low in the west, big and round and golden, as though the sun forgot to set long after daylight left it behind.

April 9

Clear morning sunlight flows like honey down tree trunks.

May 6

As a final frolic, spent apple blossoms fly from their trees in a spray of white petals, like confetti from canons at a ticker tape parade.

June 15

Torrents of overnight rain sculpted a relief map from fallen pine needles, rusty orange continents in dark earthy seas.

July 8

The deep midnight blue face of a solitary morning glory peers from within a leafy cave, as though wondering whether it is time to get up yet.

August 29

A bare sliver of moon floats in the cerulean sky like a curl of downy feather drifting on the sunrise.

September 16

Light filters through thin patches in an uneven overcast, like a nightlight through worn spots in a well-loved child's blanket.

October 21

Leaves peel away, revealing the intricate scaffolding that held them aloft all summer. Without it, they lay in flat puddles on the ground.

November 2

The land exhales a long, sweet breath of dry grass, crushed leaves, and damp earth as it prepares to settle in for the winter.