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Blue Heron Morning

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Blue Heron Morning

Yesterday was a Bergen morning,
but today my thoughts of Norway
vanish, as four blue herons
alight on the water like
the ones at Arbor Lake
or Ada Hayden Park.
In the August–Iowa shade,
I watch how they waft over water,
like white puffs of dandelion seed,
or “the tuba-dor’s” bass notes
by the bur oak tree,
a subtle and elegant sanity.
In the distance, a white cross
tops the hill, wings spread
like the porcelain egret
stretching at the edge of the marsh.
The sail of a boat smooths by
a fleet of mallards scooting on the lake.
A goldfinch flirting in the sunflowers
startles my serenity.
Ten years of morning walks,
and I am awake.

Laura Sweeney

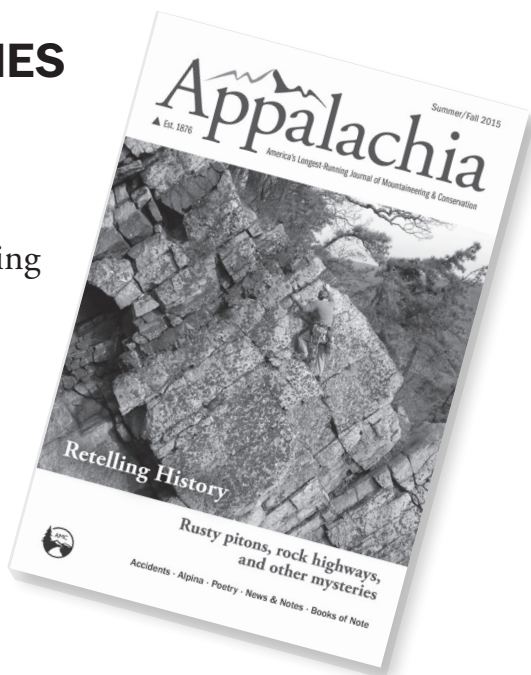
LAURA SWEENEY facilitates Writers for Life in central Iowa. Her recent publications include poems in *The Daily Palette*, *Pilgrimage*, *Poetica*, *Broad!*, *Negative Capability Press*, *Evening Street Review* and the *Journal of Poetry Therapy*, and essays in The Good Men Project and the anthology *Farmscape: The Changing Rural Environment* (edited by Mary Swander, Ice Cube Press, 2012).

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