

Appalachia

Volume 66
Number 2 *Summer/Fall 2015: Retelling History*

Article 25

2015

Blue Heron Morning

Laura Sweeney

Follow this and additional works at: <https://digitalcommons.dartmouth.edu/appalachia>



Part of the [Poetry Commons](#)

Recommended Citation

Sweeney, Laura (2015) "Blue Heron Morning," *Appalachia*: Vol. 66 : No. 2 , Article 25.
Available at: <https://digitalcommons.dartmouth.edu/appalachia/vol66/iss2/25>

This Poetry is brought to you for free and open access by Dartmouth Digital Commons. It has been accepted for inclusion in Appalachia by an authorized editor of Dartmouth Digital Commons. For more information, please contact dartmouthdigitalcommons@groups.dartmouth.edu.

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

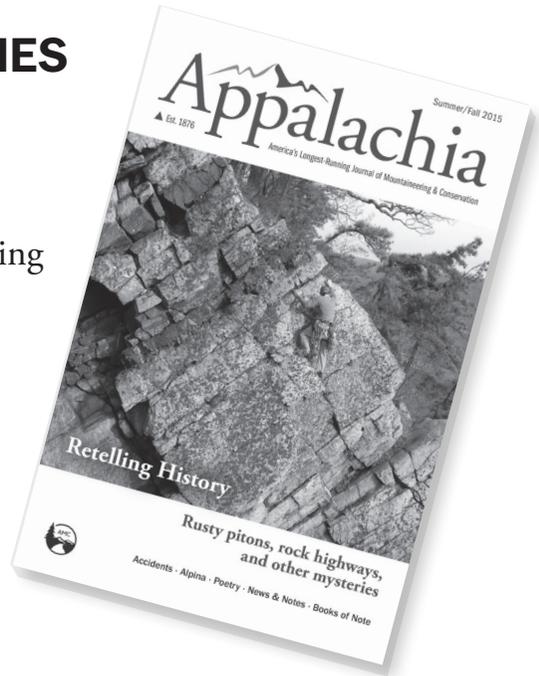
LAURA SWEENEY facilitates Writers for Life in central Iowa. Her recent publications include poems in *The Daily Palette*, *Pilgrimage*, *Poetica*, *Broad!*, *Negative Capability Press*, *Evening Street Review* and the *Journal of Poetry Therapy*, and essays in The Good Men Project and the anthology *Farmscape: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

"I started reading Appalachia for the accident reports, but I kept reading for the great features."—Mohamed Ellozy, subscriber

SUPPORT THE STORIES YOU LOVE!

Start or renew your *Appalachia* subscription today, and keep reading America's longest-running journal of mountaineering and conservation.

Visit [outdoors.org/appalachia](https://www.outdoors.org/appalachia) for a special offer: 36% off the journal's cover price. That's three years of *Appalachia* (6 issues) for only \$42. Or choose a one-year subscription (2 issues) for \$18—18% off the cover price.



Inside every issue, you'll find:

- inspired writing on mountain exploration, adventurers, ecology, and conservation
- up-to-date news and notes on international expeditions
- analysis of recent Northeastern mountaineering accidents
- book reviews, poetry, and much more

Subscribe today at [outdoors.org/appalachia](https://www.outdoors.org/appalachia) or call 800-372-1758.



Subscription prices valid as of September 2021. Prices and offers subject to change without notice. For the most up-to-date info, visit [outdoors.org](https://www.outdoors.org).