



FAITH matters

May 25, 2026

“He who plants a seed beneath the sod and waits for Spring, believes in God.”

So goes this often repeated maxim from my childhood. These are the words which always pop into my head in early May each year as I gaze at the hundreds of daffodils around our home, blooming in all their resplendent glory. I have planted dozens each fall over the course of the twelve years we have called northern Michigan our permanent home. When the catalogs arrive, I simply can't help myself as I place yet another order. Do I occasionally curse myself for my impulsivity — of course. But as this literal blaze of yellow greets my eyes and causes my heart to sing, I'm grateful that I did it and especially following a long, hard winter such as this one has been.

What causes your heart to sing? I'll bet its things just like the daffodils. ... A text or better yet an actual call from a grandchild. A friend who remembers your birthday. A project that turned out far better than you expected. A book that made you laugh and made you cry. Bird song wafting in the air. Sea gulls soaring over the lake. A trail covered in trillium. Baby animals and human babies. Celebrating a friend's triumph. Music that brings you to tears. Music that makes you stomp your feet. Trying a new recipe. Sharing a meal with old friends. Sharing a meal with new friends. Traveling to a new place. Traveling to an old, familiar place. Welcoming back

friends and family who have been away. Going barefoot along the lake shore.

In her new book, *Joyful Anyway*, Kate Bowler describes joy this way, "We can't mistake it for anything less than what it is: one of the most powerful ways we experience the deepest and most healing forms of gratitude, delight, and hope. It is a kind of transcendence; joy is a glimmer of love and forgiveness and wholeness that lifts us out of reality for a moment and gives us back to ourselves, anew."

May the return of Spring do this for you ... bring you delight and hope ... may it cause your heart to sing.

~Written by Bonnie Garbrecht

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