With Every Step Let Us Notice You

Ever present God; source of all compassion and love
May we notice you in our every step as we walk
Let every step give us pause to notice you.
Let every step give us pause to notice you, as we walk with others, we cannot see
Let every step give us pause to notice you in those who hunger for good food that nourish their bodies, their minds and their spirits.
Let every step give us pause to notice you in those who spend their days in agricultural fields and plants, as they labor to put good food on our tables
Let every step give us pause to notice you in those who have the power to transform unjust systems that limit good food to those with minimal resources.
Let every step give us pause to notice you in ourselves, as we participate in the transformation of our community.
Let every step give us pause to notice you, in our brothers and sisters who live in the homes we pass by in our walk.
Let every step give us pause to notice you in the busses that drive by us, in the hospitals we walk pass, in the homes of the elderly and those in isolation, and in the spaces where people suffer from the impact of Covid-19.
Let every step give us pause to notice you, in the sun, in the rain and in the wind. In every bird that chirps, every tree we see, every flower in bloom and in every living thing.
Let every step give us pause to notice you
Let every step give us pause to notice you.
Let every step give us pause to notice you.
As we walk, may we notice
Amen
~Margarita Solis-Deal
Walk for Good Food / May 2020