



Sr Mary David is one of the founders of Our Lady of the Angels Monastery. Her great loves are the Lord, all people and – sunflowers! The following is a meditation she wrote on these beautiful, mystical blossoms.

The Sunflower....standing straight and tall on a sturdy stem,  
Showing the sun (Son) its bright yellow face.

Sometimes its golden face is tear-stained from the rain...  
Sometimes bowing before the wind.

Always following the sun, with its golden head  
getting larger and larger each day.

On dark cloudy days the flower continues to follow the sun,  
knowing, believing, hoping the sun (Son)  
is still there behind the clouds.

Summer rains, winds, sunny days – the flower thrives, grows,  
bringing to maturity seeds for the future.

I follow the sun's great eye – as it travels across the sky,  
my petaled head –golden corolla sun-fed.  
larger, rounder - golden petals joying in LIFE!

Standing straight and tall,  
from the sun (Son) a call....  
"Come, follow Me" – and then.....

The rays of the sun no longer on my heavy-seeded face,



bent over, gently swaying, closer, closer to the water  
to catch the reflection, once again, of the sun's warm rays  
upon my seeded face.

As the sunflower dies, the seeds of life that it has formed  
to bring forth New Life  
to be planted in the warm earth (the hearts of others)  
to bring forth...Life in abundance!

The End – and the Beginning.