

## RISING RITUALS

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I taste my wheat toast while you  
scamper for seeds scattered  
across the crusty snow  
beneath hanging bird feeders.

I stir cream in hazelnut coffee as you  
stuff sunflower pods – spilled by  
frenzied finches – inside furry cheeks.

My morning eyes try to focus  
on newspaper headlines but soon  
move to you – dashing along tree  
limbs that hold food for feathered foes.

I gulp down vitamins with grape juice,  
then watch you lithely leap on the plexi-  
topped platform piled with eats for others.

Tomorrow we'll restart our breakfast  
ballet – a pas de deux that features  
focused moves and wake-up fare.

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\* LYNN LESSARD SPERL is a communications specialist for New Hampshire Local Government Center in Concord, New Hampshire, and is more than half-way through coursework for obtaining an M.A. in Writing and Literature at Rivier College. The former journalist has been a writer and editor for the healthcare industry for over 25 years. She holds a Bachelor of Arts in English from the University of New Hampshire and is an active member of the New England Society of Healthcare Communications. Lynn lives in Gilford, New Hampshire, with her entrepreneur husband, Kevin Sperl, who publishes the new *Lakes Region Spirit* magazine to which Lynn contributes her copyediting and column writing talents.