

June 23, 2025

# Daily Reflections



## I BEAR YOU ON EAGLE'S WINGS

By Julie Mussché

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### A Verse from Isaiah

*“... but those who hope in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.”*

**ISAIAH 40:31**

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### Reflection

Recently, while visiting with friends, I was introduced virtually to the Big Bear Bald Eagle Family. The family was being broadcast live on a big-screen TV with sound that included the natural background and the white noise of wind. I found myself mesmerized by it all, the experience rather restful and

contemplative.

Of note, Bald Eagles in North America were severely impacted by DDT and were in decline several decades ago. Their population is coming back and growing in the Southern California region. The Big Bear family has become quite the streaming sensation and the eaglets, Sunny and Gizmo, have recently been hovering in preparation of flight; as I am writing this, they have fledged. Their parents, Jackie and Shadow, remain mostly off camera but are close by in case the need arises to protect the youngsters. The parents continue to feed the young birds, which offers a glimpse of their sibling personalities as they compete for morsels of fish. By the time you read this, they may have left the nest.

In references across traditions, including scripture, eagles convey strength, promise and protection. Some traditions hold the eagle as a bridge to the sacred. It is certainly understandable, watching them soar in the sky and care for their young. The wonders of God's creation are astounding and fill me with awe. How about you?

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An Eagle Flying in the Sky  
Photo by Frank Cone

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## For Pondering

The invitation today: take ten to twenty minutes today to spend out in nature. Embrace the experience with sight, sound, textures, and presence. Rest in God's creativity and generosity.

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## For Prayer

*“In a desert land he found him,  
in a barren and howling waste.  
He shielded him and cared for him;  
he guarded him as the apple of his eye,  
like an eagle that stirs up its nest  
and hovers over its young,  
that spreads its wings to catch them  
and carries them aloft.”*

DEUTERONOMY 32:10-11

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