

The Soul in Balance

The Gardens of Washington National Cathedral



Photographs by Alexandra K. Scott Texts Chosen by Heddy F. Reid

The Soul in Balance

The Soul in Balance is a visually breathtaking and spiritually nourishing book. In these pages, the authors invite the reader to share their vision of the gardens of Washington Cathedral, here illuminated by brief spiritual and Biblical texts. The photographs and accompanying meditations move us into quiet and sometimes surprising places of reflection.

The gardens of Washington Cathedral make up one of this country's great urban green spaces. They are part of the Cathedral close, a 57-acre preserve that is visited by almost a million people each year. Visitors from all countries and faiths come to these gardens to find beauty, solitude, and renewal.

The book's Botanical Notes describing the historical and Biblical significance of the Cathedral's plants and trees will intrigue gardeners and non-gardeners alike.

Says Abigail Trafford, author and syndicated columnist, "This book is a magic union between images and words. The text expands the photographs; the photographs illuminate the text. Together they open the doors to the spiritual life."

EPM Publications, Inc.
McLean, Virginia

ISBN 1-889324-11-6

The Soul in Balance

Shirley A. Lee
1998

The Soul in Balance

The Gardens of Washington National Cathedral



Photographs by Alexandra Korff Scott Texts Chosen by Heddy Fairbank Reid

*EPM Publications, Inc
McLean, Virginia*

Library of Congress Cataloging-in-Publication Data

Scott, Alexandra K.

The soul in balance : the gardens of the Washington National
Cathedral / photography by Alexandra K. Scott : texts chosen by
Heddy F. Reid.

p. cm.

ISBN 1-889324-11-6

1. Washington National Cathedral Gardens (Washington, D.C.)—
Pictorial works. 2. Church gardens—Washington (D.C.)—Pictorial
works. I. Reid, Heddy. II. Washington National Cathedral
(Washington, D.C.) III. Title.
SB466.U65W3837 1998
712'.7'09753—dc21

98-6337
CIP

Copyright ©1998 Alexandra K. Scott and Heddy F. Reid

All rights reserved

EPM Publications, Inc., 1003 Turkey Run Road, McLean, VA 22101

Cover and book design by Tom Huestis

Permissions

The Henri-Frédéric Amiel quotation was used as
a blessing at Saint Alban's Church, Washington, DC,
during Advent, 1997.

Paul Caponigro quotation reprinted with permission
from *Meditations in Light*, by Paul Caponigro. Santa Fe:
© 1996, the Morris Press.

Willia Cather quotation reprinted with permission
from *Duth Comes for the Archbishop*, by Willia Cather.
New York: Alfred A. Knopf, Inc. © 1927 by Willia
Cather, renewed 1995 by the Executors of the Estate
of Willia Cather.

Robert Frost quotation from: *The Poetry of Robert Frost*,
edited by Edward Connery Lathem, ©1975 by Lesley
Frost Ballantine, Copyright 1947, © 1969 by Henry

Holt and Company, Inc. Reprinted by permission
of Henry Holt and Company.

Dag Hammarskjöld quotation reprinted with
permission from *Markings*, by Dag Hammarskjöld.
New York: © 1964, Random House, Inc.

David Ignatow "Hard Earth," from *David Ignatow:
Poems 1934-1989*, © 1970 by David Ignatow, Wesleyan
University Press. Reprinted by permission of University
Press of New England.

St. John of the Cross quotation reprinted with
permission from: *The Collected Works of St. John of the Cross*,
translated by Kieran Kavanaugh and Otilio Rodriguez,
© 1979, 1991, by Washington Province of Discalced
Carmelites. ICS Publications, Washington, DC.

Kenneth Leech quotation reprinted with
permission from *The Prayer, an Invitation to Christian
Spirituality*, by Kenneth Leech. Harrisburg: © 1995,
Morehouse Publishing.

Henri Nouwen quotation reprinted with permission
from: *Show Me the Way*, by Henri J.M. Nouwen, © 1993
by Darton, Longman, & Todd, Ltd., London.

Theodore Roethke quotation reprinted with
permission from: *The Collected Poems of Theodore Roethke*,
by Theodore Roethke. New York: © 1975, Doubleday
Anchor Books.

Barbara Brown Taylor quotation reprinted with
permission from *The Prunckling Life*, by Barbara Brown
Taylor. Cambridge: © 1993, Cowley Publications.

Contents

Authors' Note, Acknowledgments 6

Preface by The Very Reverend Nathan D. Baxter,
Dean of Washington National Cathedral 7

Introduction by Polly Mitchell, Past President,
All Hallows Guild 8-9

History of Washington National Cathedral Gardens
by All Hallows Guild 10-11

Dedication 13

Photographs and Texts 14-91

Botanical Notes 92

Photo by MAX REID



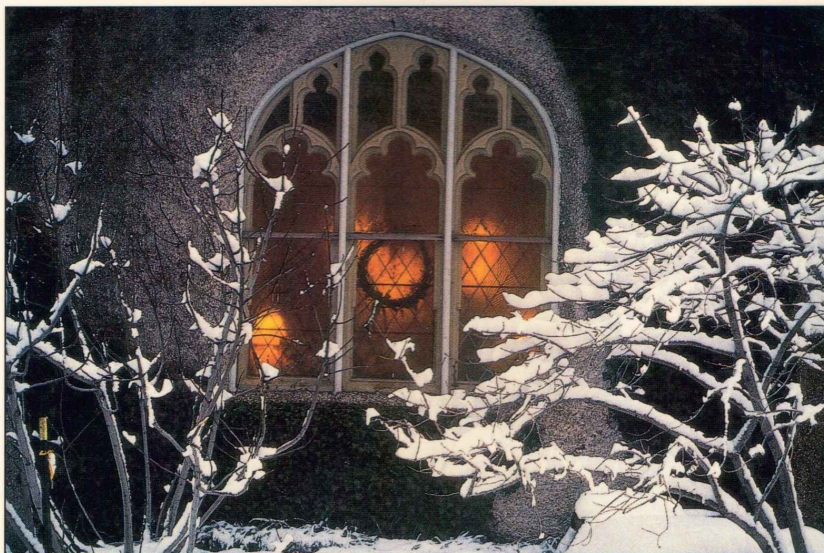
*Left to right: Heddy F. Reid, Alexandra K. Scott,
and Frederica Isabelle Scott.*

THE AUTHORS

Alexandra K. Scott, trained as a city planner, studied photography at the Corcoran School of Art. She has photographed the gardens of Washington Cathedral for 20 years. She has two grown daughters and lives in Washington, DC, with her husband, Hugh Scott.

Heddy F. Reid is a writer and editor, and a poet. Her work has appeared in local and national publications and in several anthologies. The mother of two grown sons, she lives in Washington, DC, with her husband, Trip Reid.

Frederica Isabelle Scott, a former professor of literature and poetry, is a lawyer whose focus is families at risk. She is the author of a legal textbook in this field. She lives in Washington, DC, and has a grown son and a young granddaughter.



*With all your science, can you tell how it is, and where it is,
that light comes into the soul?*

—HENRY DAVID THOREAU

ISBN 1-889324-11-6



\$21.95