

# Four Fair Flowers

by [Walt Garlington](#) (August 2023)



*Thebaid*, Fra Angelico (Formerly attributed to Gherardo Starnina), circa 1420

Four fair flowers of the desert,  
John, Heraclemon,  
Andrew, and Theophilus,  
Fled the busy city  
For the empty  
Wilderness of Egypt,

Where they could pursue  
Union with God  
Undistracted  
Through ceaseless prayers and praise.

Four fragrant flowers of the desert,  
Their bodies fed by God  
From beautiful fruit trees  
And with crystal water from a spring;  
Their souls, by an angel  
Sent from Heaven  
With the Food Imperishable  
Of Holy Communion.

Four comely flowers of the desert,  
Unknown to most of the world,  
But whose prayers and virtues  
Keep it from disintegration.

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Walt Garlington was born and raised in that part of Dixieland called Louisiana. A chemical engineer by training, he has spent the last several years writing full-time. He has written essays and poems for *The Hayride*, *New English Review*, *The Tenth Amendment Center*, *The Abbeville Institute*, *Reckonin'*, *Katehon*, *Geopolitica*, and *USA Really*. He writes regularly at his own web site, [Confiteri: A Southern Perspective](#).

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