



Herbert the Hippo IN THE MOMENT

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By Meg
Sweeney Cook

Illustrated by
P.A. Sweeney

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To my boys, who have taught me
how to truly be in the moment.
—MLSC

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Herbert the Hippo lives in my bathroom
And reminds me of truths I may have forgotten.



He dances on my soap dish and taps his toes
on the tub.

He gets my attention with his scrub-a-dub-dub.



“Look over here!” his pink presence invites,
Notice God’s wonders and daily delights!



Herbert has the gift of being right where he is.



His brain's in the moment.



He's present wherever he is!

About the author



Meghan Lindsey Sweeney Cook is an enthusiastic supporter of children and boosting their self-confidence. She has worked with and taught children for more than 25 years in churches, pre-schools, and at Epworth Children’s Home. Meg is a daughter, a United Methodist Church pastor, a certified Christian educator, a puppeteer, a gluten-free baker, a wife, and a mom to two energetic, super-smart preschoolers. She lives with her family in South Carolina.

About the illustrator



P.A. Sweeney is a lifelong artist who has explored many mediums including paper mache, wood, stained glass, fabric, embroidery, scratchboard, pen and ink, even cardboard. Currently her interest is in the intersection of photography and artificial intelligence. A proud “Mimi” to four wonderfully creative grandkids, she lives with her husband, Bob, and dachshund, Fritz, in Fernandina Beach, Florida.

Did you know?

Herbert the Hippo is a “fair trade” hippo? The author found him at a fair-trade market called 10,000 Villages, which paid a visit to Ginghamburg Church, a United Methodist congregation the author was attending in Tipp City, Ohio. Herbert was handcrafted by women in South Africa who were paid a fair living wage, something many artisans do not have the opportunity to experience. Some are forced to work long hours for little pay. Fair-trade markets aim to help improve the lives of the poor in developing countries by offering better terms to produce their wares.

