

**SEASONS OF OUR LIVES**  
MONTH SEVEN – MARCH 2024  
Track Assignments  
March 10, 2024 to April 13, 2024

**NATURE QUEST:**

Go out into nature, alone, prepared with what you need (i.e., water, appropriate clothing, journal, pen, blanket, snack, etc.). If you cannot find a favorable day during the month to be outside, consider a spot to sit indoors, next to a window, in order to observe nature. Go with an open mind, an open heart, and an open spirit. Allow yourself to be guided to a place where you can sit and ‘just be’. This could be a favorite spot or perhaps somewhere you have not been before. Settle in, both with your body and your inner being. Be a quiet observer of what is happening around you – what you see, smell, feel and even taste – and notice what is taking place within you. Do not judge. Just be present, receptive, and aware. Consider staying between one and three hours. Take your time. Before you leave, give thanks for what you have received during this time.

**RESPONSE TO YOUR NATURE QUEST:**

Reflect on your time in nature. You may decide to journal right away, or you may like to take some time to be with your experience. When you are ready, creatively respond to your nature quest. Some examples include writing a poem or psalm, journaling, creating a picture or a painting, making something out of playdough or clay, creating a collage from magazine photos and/or from things you collect in nature. Be creative!

Take a photo of what you create. This can be used to share with others, with your mentor and as a memory of this year.

As you reflect on your experience, allow a Courageous Question to emerge in you.

Contact your mentor and share your response with them prior to the next webinar.

**READINGS:**

The Nest in the Stream: Lessons from Nature on Being with Pain by Michael Kearney, MD  
From the Seven Stories of Nature: Story No 5, *Up on the Hill*.

Season of Spring, Circle of Life: The Heart’s Journey Through the Seasons by Joyce Rupp and Macrina Weiderkehr, pgs. 65-68

**AUDIO:**

Braiding Sweetgrass (Robin Wall Kimmerer) – Chapter 25 – Witness to Rain

Season of Spring, Circle of Life: The Heart’s Journey Through the Seasons by Joyce Rupp and Macrina Weiderkehr (Megan Vacheresse, voice)

**MUSIC:** Repeated, for those who would like to listen to the music again.

Vivaldi's Four Seasons

Concerto No. 1 in E major, Op. 8, RV 269, "Spring"

<https://www.youtube.com/watch?v=akINCSNUVgA> (part 1, no words)

<https://www.youtube.com/watch?v=3LiztfE1X7E> (full spring version, with words)

Vivaldi's Four Seasons: Spring Analysis

Murmur: sweetly as they flow. " Vivaldi's Four Seasons begins with Spring, a season that announces new beginnings. Written in a major key, Vivaldi shows the promising nature of spring as the violins replicate birds chirping and calling for mates.

I Can See Clearly Now, Johnny Nash

[https://www.youtube.com/watch?v=g\\_rB4v75jqU](https://www.youtube.com/watch?v=g_rB4v75jqU)

## **MEDITATIONS**

Sense Gratitude Meditation, Michael Kearney, MD

## **TO FURTHER ENRICH YOUR EXPERIENCE:**

### **POEMS**

*A Warm Day*, Louise Gluck

*Listening to My Soul*, Joyce Rupp

*Spring Meditation*, Rhonda Marrone

### **ARTICLES**

*The Apprenticeship of Love*, 20 March, Celtic Spirit, Caitlan Matthews

*The Prayer of Spring Equinox*, 21 March, Celtic Spirit, Caitlan Matthews

### **BLESSINGS AND PSALMS**

*Spring Blessing*, *The Circle of Life: A Heart's Journey Through the Seasons*, Joyce Rupp and Macrina Weiderkehr

*For A New Beginning*, *To Bless the Space Between Us*, John O'Donohue

*Psalms 124*, *Psalms for Praying*, Nan Merrill

## ACTIVITIES

Below are some suggested ideas to celebrate the Season of Spring. Feel free to add your own.

- Leave the windows open to catch a spring breeze
- Listen to the rain
- Craft a fairy garden
- Get dirt under your fingernails
- Seek out the first crocuses, snowdrops, and other spring flowers
- Get ready to plant a garden
- Enjoy something with rhubarb
- Eat some roasted asparagus
- Seek out a rainbow
- Visit a farm to see baby animals
- Watch bumblebees at work in the new blossoms
- Wade in a creek