

SEASONS OF OUR LIVES
MONTH SIX – FEBRUARY 2025
Track Assignments
February 09, 2025 to March 7, 2025

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 (Michael Kearney, MD)
Seven Stories of Nature: Story No 1 – Coleman’s Well

Season of Spring, Circle of Life: The Heart’s Journey Through the Seasons by Joyce Rupp and Macrina Weiderkehr, pages

AUDIO

Braiding Sweetgrass (Robin Wall Kimmerer)
Chapter 12 – Epiphany in the Beans
<https://www.youtube.com/watch?v=BwEp3jFyx9U>.

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

VIDEO

Robin Wall Kimmerer – Gifts of the Land

https://youtu.be/OxJUFGIPYn4?si=brmgOdZ3rRFZ_Par

MUSIC

Vivaldi's Four Seasons

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

<https://www.youtube.com/watch?v=akINCSNUVgA> (Part 1, with beautiful images)

<https://www.youtube.com/watch?v=3LiztfE1X7E> (Full spring version, exceptional performance)

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.

George Winston – Winter into Spring (2.48)

https://youtu.be/u7e_592ZhHw?feature=shared

I Can See Cleary Now, Johnny Nash

https://www.youtube.com/watch?v=g_rB4v75jqU

MEDITATIONS

Breathing through Tree - Michael Kearney (24 minutes) (on the website)

Instrumental Piano Music for Meditation/Sleep – Spring Morning

<https://youtu.be/utDEO2YE9CM>

TO FURTHER ENRICH YOUR EXPERIENCE

Poems (on the website)

Clearing by Martha Postlewaite

Spring (Again) by Michael Ryan

Thresholds by Linda Pastan

Such Spring in the Wild Branches by Mary Oliver

Puddles by Patrick Shieftan

Articles (on the website)

Light in Darkness, 2 February, Celtic Spirit, Caitlan Matthews, page 103

The Between Places, 27 February, Celtic Spirit, Caitlan Matthews, page 128

Psalms (on the website)

Psalms for Praying, Nan Merrill (on the website)

Psalm 20

Activities

Gather materials to plant a seed (flower, plant, vegetable). You will need a small pot, soil, a seed. When you have everything ready, plant your seed. Over the course of the next month tend to this new seed, nurture it, and watch for its arrival. Bring it to the next webinar.