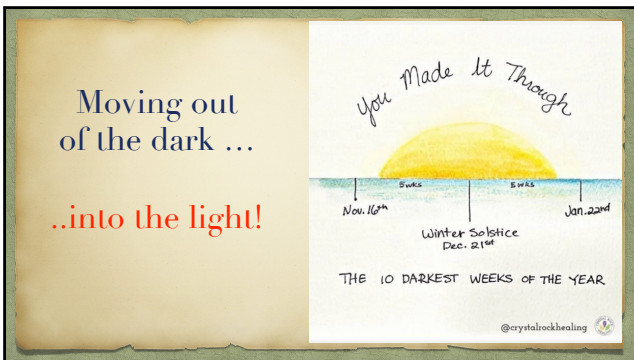




1



2



3

It's Spring

Listen! In the earth, the seeds are stirring and making noise, like the birds whose song has been silenced by winter. Now the snow is being devoured by sun, our elder, and in the branches, the persistence of our prayers is bringing the birds to life.

Circle of Life, Rupp & Wiederkehr

4

Spring! A Threshold Time



5

The Cycle of the Seasons

What we call the beginning is often the end and to make an end is to make a beginning. The end is where we start from.

—T.S. Eliot "Little Gidding" from Four Quartettes



6

Listen to Spring in your life!

What is emerging in you? What do you sense?



7

Settling In/Centering

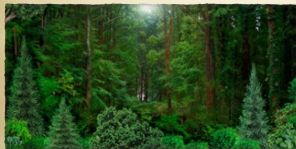
Breathe
Be Aware
Be Present
Be Attentive



8

Clearing

(Martha Postelthwaite)



Do not try to save the whole world or do anything grandiose. Instead, create a clearing in the dense forest of your life and wait there patiently, until the song that is your life falls into your own cupped hands and you recognize and greet it. Only then will you know how to give yourself to this world so worthy of rescue.

9

Reflection

How does this poem speak to you?

Where is there a clearing in your life or in your being?

How might you begin to create a clearing in yourself today?

10

Sharing as a Community

Insights
Ah-ha moments
Challenges
Feedback



11

Season of Spring

Thresholds

The beauty of nature insists on taking its time.
Everything is prepared. Nothing is rushed.



12

Threshold Times

When we find ourselves crossing some new threshold we had never anticipated, it is just like the change of springtime. Like spring secretly at work within the heart of winter, below the surface of our lives huge changes have been in fermentation. We never suspect a thing.

Blessing for a Threshold Time (John O'Donohue)

13

Emergence

“ The rhythm of emergence is a gradual slow beat always inching its way forward. Because nothing is abrupt, the beginning of spring nearly always catches us unawares. It is there before we see it; and then we can look nowhere without seeing it.”

Blessing for a Threshold Time, John O'Donohue

14

Spring (Again) by Michael Ryan

The birds were louder this morning,
raucous, oblivious, tweeting
their teensy bird-brains out.

It scared me,
until I remembered it's Spring.
How do they know it? A stupid
question.

Thank you, birdies.
I had forgotten how promise feels.

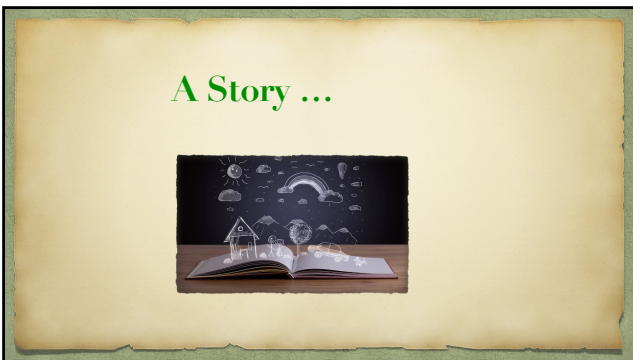
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16



17



18

Refreshment and Reflection

1. At which threshold am I now standing?
2. What am I leaving, what is emerging and how I am feeling about this?
3. Is there an animal or color that would describe it?
4. What, if anything is preventing me from crossing the next threshold and what would enable me to do it?

19

Season of Spring

Nature as Teacher and Healer



20



21

A Celtic Perspective



22

Brigid, Goddess and Saint



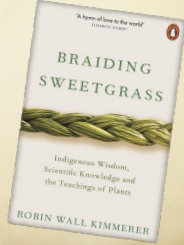
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Lá Fheile Bríde



24

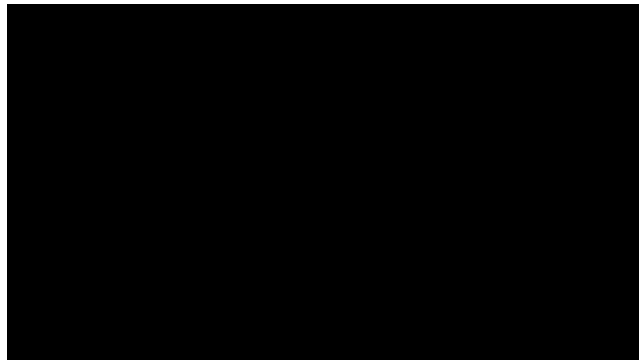
An Indigenous Perspective



25



26



27

Reflection Questions

1. What has resonated with you from Robin Wall Kimmerer's video clip? What does our place in nature have to teach you?
2. What does the Celtic metaphor of "winter pregnant with summer" mean to you. How are your inner creative stirrings being harnessed?

28

Community Sharing

What would you like to share with the group about your experience today?

What questions do you have about anything related to this track?



29

Thresholds by Linda Pastan

There is a hesitation between seasons
 when the last live leaf, for instance,
 waits to shrivel
 or when spring gathers its green forces
 beyond bare branches.
 There is no odor of smoke or lilac;
 the sky is no particular color.
 But in those brief pauses
 we mourn the past
 even as we sense the future.
 Shy as a girl on the blooded threshold
 of being a woman,
 we wait, holding our breath,
 until the earth stirs and shakes itself
 and the next thing happens.

30

Spring Activity

Take time after the webinar to plant a seed of your choice (flower, plant, vegetable) in a small pot with soil. Over the course of the next month, tend to this new seed, nurturing it with water and sunlight as you notice its unique growth.



Please bring it to the next webinar in March for our closing ritual.

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Next Webinar
Saturday, March 9, 2024

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