

**SEASONS OF OUR LIVES**  
**MONTH FOUR – DECEMBER 2024**  
Track Assignments  
December 15, 2024 to January 10, 2025

**NATURE QUEST**

Go out into nature, alone, prepared with what you need (i.e. water, appropriate clothing, journal, pen, blanket, snack, etc.). If it is not possible for you to be outside this month (due to weather, etc.) find a place beside a window where you can observe nature. Start with an open mind, an open heart, and an open spirit. Find 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. Stay here for one to three hours. Take your time. Before you leave, give thanks for what you have received during this time.

**RESPONSE TO NATURE QUEST**

Reflect on your time in nature. You may decide to journal right away, or you may like to take some time to just reflect on your experience. When you are ready, creatively respond to your nature quest. You could write a poem or psalm, journal, create a picture or a painting, make something out of playdough or clay, create 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 experience.

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.

**READING**

Anam Cara, A Book of Celtic Wisdom (John O’Donohue). Chapter 4 – Work as Poetics of Growth

The Nest in the Stream: Lessons from Nature on Being with Pain (Michael Kearney, MD) Seven Stories of Nature: Story No 2 – The Other Side of the Road (Longing)

**AUDIO**

Season of Winter, Circle of Life, Joyce Rupp and Macrina Weiderkehr (Megan Vacheresse, voice)

*See Website*

**VIDEO**

Soul and Science – Being with Pain - Lesson Two: Wounded Healers – 10 min (Michael Kearney)

*See Website*

## **MUSIC**

***Vivaldi: The Four Seasons Violin Concerto, Israel Philharmonic Orchestra***

F Minor, Op.8 No3, RV 297 'Winter': I. Allegro non molto – (3.36 min)

<https://www.youtube.com/watch?v=9EV7jahxn88>

F Minor, Op.8 No3, RV 297 'Winter': I. Largo (2.22 min)

<https://www.youtube.com/watch?v=2VGnvxs9c2g>

***George Winston: Solo Piano Pieces for Winter***

<https://www.youtube.com/watch?v=Uohk02Ekbc4>

## **GUIDED MEDITATION**

Nest in the Stream (24 minutes) (Michael Kearney)

## **OPTIONS TO FURTHER ENRICH YOUR EXPERIENCE**

### **Articles**

Season of Winter, Circle of Life, Joyce Rupp and Macrina Wiederkehr

How the Soul Matures, Ron Rolheiser

Liminality and Transitions, Richard Rohr

Everything Falls Away, Parker Palmer

What Winter Can Teach Us About Solitude and Loneliness – RedCliff Ascent

### **Poems**

Keeping Quiet - Pablo Neruda

Light - John Phillip Newell, Praying with the Earth

Earth Meditation Poem – Albert Camus

I Want to Age Like Sea Glass - Bernadette Noll

### **Blessings and Psalms**

Psalm 63 – Nan Merrill, Psalms for Praying

For Longing – John O'Donohue

A Winter Solstice Blessing – Debbie Doornbos

### **Activity**

Write your own poem, blessing or psalm

Color a nature mandala (see template below or design your own)

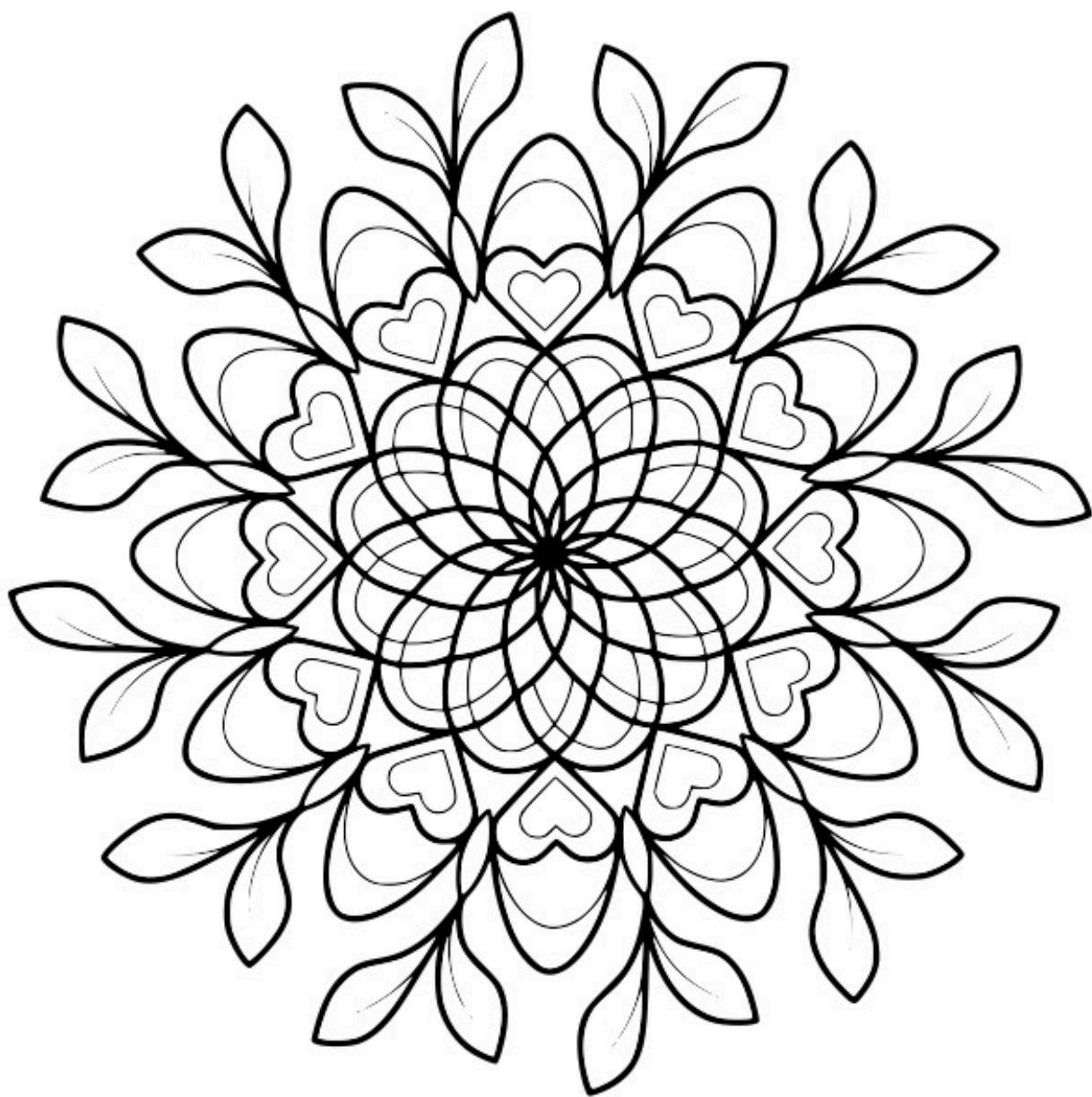


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