

**SEASONS OF OUR LIVES PROGRAM
CURRICULUM & ACTIVITIES
2025 - 2026**

The objective of this program is to explore the seasons of our lives through the lens of the four seasons of the year. Nature is our teacher. Spending time in nature, along with individual and small group reflections, and creative activities, allow participants to develop a deeper understanding and awareness of the rhythm of the 'seasons' in our own lives. It invites us to allow the seasons to open us to a greater awareness of our inner teacher, and to let our soul speak to us through nature, art, poetry, reflections and in community with others. It will address questions such as *"How am I within?"* and explore what it means to *"Die before you die so that when you die you will not die."*

This program will provide participants with a greater ability to both accompany themselves and others more soulfully and skillfully during times of transition – both life transitions and the end-of-life transition. As we open ourselves to the transformation that this can bring, we can then take this out into the world and be part of the change for which the world yearns.

PROGRAM OVERVIEW

Format for each 2.5-hour Monthly Webinar

- Welcome
- Check in and sharing our experience
- Gathering reflection
- Input session on relevant season
- Individual Reflection / journaling
- Small group sharing (breakout rooms)
- Break
- Large group sharing
- Input session / Meditation
- Closing Reflection

Summary details of each Webinar

September Webinar #1 – GROUNDING OURSELVES

- Welcome
- Overview of the theme and objectives
- Introduction of mentors/presenters
- Grounding Ourselves – meditation and journaling
- Introduction of participants
- Presentation – Everything Changes
- Presentation - Resilience and Change
- Review of program – time in nature (key), small groups, resources

October Webinar #2 - Season of Autumn (fall) – GRATEFULNESS AND HARVEST

- Harvest – what have you harvested; been most grateful for in your life?
- Gratitude / gratefulness
- Season of Paradox / Reaping the Harvest
- Guided Meditation

November Webinar #3 - Season of Autumn / Fall – LETTING GO AND SURRENDER

- Letting go – a process
- Loss and Grief
- The four 'L's': Lean into the pain, Lament, Let go, Learn from nature, plus love
- Surrender
- The Four Noble Truths
- Autumn Ritual

December Webinar #4 - Season of Winter – DARKNESS, SOLITUDE AND DRAWING WITHIN

- A Liminal Space
- Winter Darkness and the Light
- Solitude – a time to just be
- Longing
- Stillness Activities

January Webinar #5 - Season of Winter – FORGIVENESS AND BEING WITH PAIN

- Forgiveness – there is a crack in everything
- The Four Things that Matter Most (Ira Byock)
- Being with Pain
- Guided Meditation
- Winter Ritual

February Webinar #6 - Season of Spring – SEASON OF THRESHOLDS AND EMERGENCE

- Moving out of the dark into the light
- Threshold Times / Emergence
- Nature as Teacher and Healer
- A Celtic Perspective
- An Indigenous Perspective
- Planting – An Activity

March Webinar #7 - Season of Spring – NEW LIFE AND NEW BEGININGS

- The Colour Green - New growth
- The Paradox of Spring
- Signs of New Life
- I Can See Clearly Now
- Springs Awakening / New Beginnings
- Spring Ritual

April Webinar #8 - Season of Summer – SAVORING

- Seasons of Flowering
- Season of Abundance
- Season of Beauty
- What a wonderful world
- Summer Ritual

May Webinar #9 - The Cycle of the Seasons - TRANSFORMATION

- What is Transformation?
- Nature Quest Experience
- Sharing Our Experience

June Webinar #10 - Closing Celebration

- Looking Back
- Learning to breathe underwater
- Celebrating and Sharing

Summary of dates and themes for each monthly webinar

The monthly webinar will take place on the second Saturday of each month for 2 hours and 30 minutes from 9.30 am – 12.00 midday at Mountain Standard Time (Alberta).

No	Month	Day	Date	SMT	PST	UTC	Comment / Theme
				Alberta	Oregon	Dublin	
1	Sep	Sat	13	9.30- 12.00	8.30 – 11.30	16.30 - 19.00	Overview
2	Oct	Sat	11	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Fall / Autumn: Harvest / Gratitude
3	Nov	Sat	8	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Fall / Autumn: Letting Go / Surrendering
4	Dec	Sat	13	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Winter: Darkness, Solitude
5	Jan	Sat	10	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Winter: Forgiveness
6	Feb	Sat	14	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Spring: New Life, Emergence
7	Mar	Sat	14	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Spring: New Beginnings
8	Apr	Sat	11	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Summer: Savouring
9	May	Sat	9	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Cycle: Transformation
10	Jun	Sat	13	9.30 – 12.00	8.30 - 11.00	16.30 – 19.00	Closing and Celebrating

If you are in another time zone you can find the right time by checking here:

<https://www.timeanddate.com/worldclock/meetingtime.html?day=9>

Activities between Webinars – Mini Nature Quest, Assignments and Mentors

Participants are asked to spend time in a nature each month. This is a mini nature quest and the key element of this program. It is an opportunity to listen and observe in one spot for a period of time (between one and half and three hours). It invites us to be curious and allow nature to teach us.

Participants are asked to reflect on this time and their learning by writing a poem or creating something artistic with paint, crayons, clay etc. and to perhaps to allow a courageous question to emerge for them. You will have an opportunity to share your experience in small groups both between and at our monthly webinars.

To enhance learning, links to resources including readings, videos, music, poetry, etc. will be available on the website each month.

Each participant will be assigned to a small group which will meet once a month to share reflections.

Each participant to connect with their mentor once a month, to share their reflection/experience.