

SEASONS OF OUR LIVES
MONTH EIGHT – APRIL 2024
Track Assignments
April 14, 2024 to May 10, 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:

Season of Summer, Circle of Life: The Heart's Journey Through the Seasons by Joyce Rupp and Macrina Weiderkehr, p. 113-116.

AUDIO:

Season of Summer, Circle of Life: The Heart's Journey Through the Seasons by Joyce Rupp and Macrina Weiderkehr, p. 113-116. Recorded by Meagan Vacheresse

Asters and Goldenrods, Chapter 5, Braiding Sweetgrass by Robin Wall Kimmerer
<https://youtu.be/BNnOAOT4plk?feature=shared>

The Inner Landscape of Beauty - An Interview with the late John O'Donohue – On Being, Krista Tippet https://youtu.be/aqalrRkYP14?si=evQqnZ_urZYk1ETj

MUSIC:

It's a Wonderful World, Louis Armstrong (2:16 min)

https://www.youtube.com/watch?v=rBrd_3VMC3c

Somewhere Over the Rainbow/It's a Wonderful World, Israel Kamakawiwo'ole (4:30 minutes)

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

Summertime, Ella Fitzgerald and Louis Armstrong (4.55 minutes)

<https://www.youtube.com/watch?v=2HJCN3upMHE>

Vivaldi's Four Season – Summer

https://www.youtube.com/watch?v=RvDt_KtOzbc (11.36 min)

MEDITATIONS:

TO FURTHER ENRICH YOUR EXPERIENCE:

POEMS:

The Peace of Wild Things, Wendell Berry

Deeper Colours, Eric Baylin

When I am Among the Trees, Mary Oliver

ARTICLES:

A Life Full of Colour, Shawna Lemay

After the Bloom Has Left the Rose, Ron Rolheiser, OMI

The Prayer of Midsummer, Celtic Spirit, Caitlan Matthews (p. 248)

BLESSINGS AND PSALMS

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

ACTIVITIES:

Work on your practicum for the end of May retreat.

Prepare to plant a garden.

Make a bonfire and savour the warmth and light.

