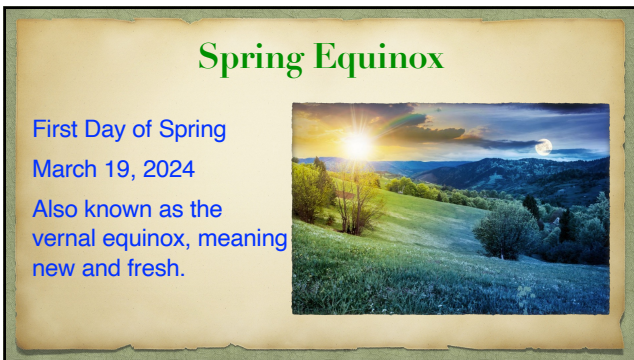




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2



3

Season of Surprises

“Spring is the season of surprise when we realize once again that despite our perennial doubts, winter’s darkness yields to light and winter’s deaths give rise to new life.”



—A Hidden Wholeness, Parker Palmer, page 82

4

The Cycle of the Seasons

There is a certain comfort in the rhythm of nature. Each season teaches us about ourselves and about life when we open our eyes, ears, and hearts — when we pay attention.



5

Listen to spring in your own life!

Where do you see signs of new life?



6

Season of New Beginnings


New Beginnings
Neutral Zone
Endings



7

Settling in

Settle in and relax
Take some deep breaths
Be as present as possible
Listen to the poem
Reflect in silence
Write in your journal



8

The Bridge by Leopold Staff

I didn't believe,
Standing on the bank of a river
Which was wide and swift,
That I would cross that bridge
Plaited from thin, fragile reeds
Fastened with bast.
I walked delicately as a butterfly
And heavily as an elephant,
I walked surely as a dancer
And wavered like a blind man.

I didn't believe that I would
cross that bridge,
And now that I am standing on
the other side,
I don't believe I crossed it.

Translated from Polish by Czeslaw Milosz

9

Reflection/Sharing

How does this poem speak to you?
Where are you on the bridge?



10

Sharing as Community

What was last month like for you?
What insights or experiences
would you like to share?



11

Season of New Life



12

Green: The Colour of Growth

- "Green is the colour of youthfulness; it is full of spring energy.
- It is the colour of the earth aflourish.
- Green is not static but full of energy and direction of growth, urgent on its journey towards the light.
- Gravity cannot keep it down; the call of light is always stronger.
- Green is the colour of relentless desire."

— Beauty, John O'Donohue, page 105

13



14

Season of Paradox


"... one metaphor for spring is the flowering of paradox. As springs wonders arise from winter's hardships, we are invited to reflect on the many 'both-ands' we must hold to live life fully and well— and to become more confident that as creatures embedded in nature, we know in our bones how to hold them."



15

Season of New Life

"If we refuse to hold them in hopes of living without doubt, despair and pain, we also find ourselves living without faith, hope and love. But in the spring we are reminded that human nature, like nature herself, can hold opposites together as paradoxes, resulting in a more capacious and generous life."



Parker Palmer, A Hidden Wholeness, 82, 83

16

What are some signs of new life?

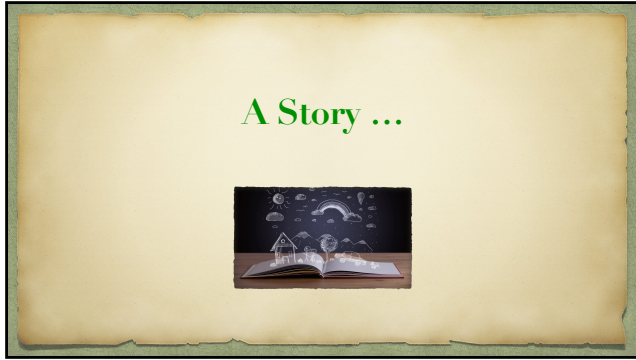


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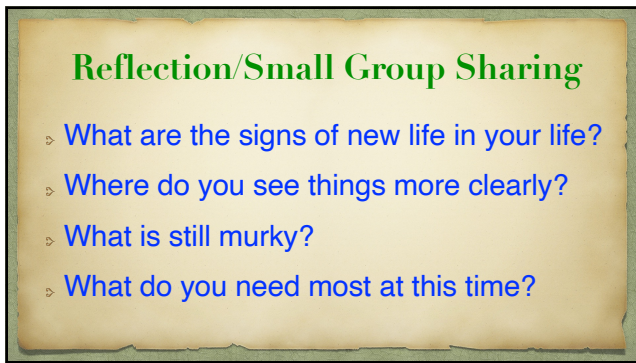
Signs of New Life

- > Aliveness
- > Renewed Energy
- > Potential
- > Beauty
- > Greater Clarity
- > Sense of Freedom
- > Gratitude
- > New Sense of Purpose

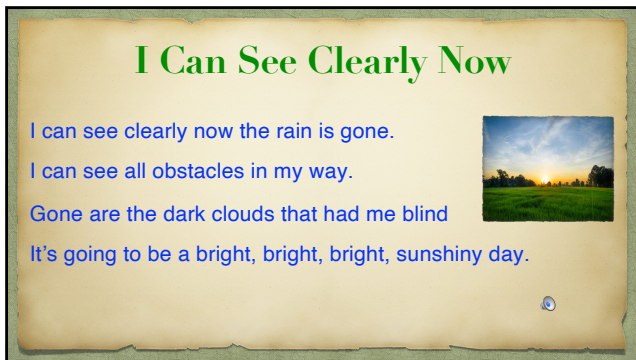
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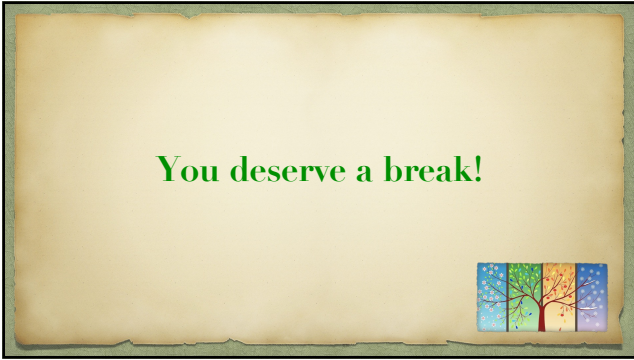
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22



23



24

Spring Awakening

Create in me a clean heart, O
Gracious One, and put a new
and right spirit within me.

—Psalm 51:10-11

25



26

Small Group Sharing

- ▷ What paradoxes or contradictions do you see in your life?
- ▷ What has your experience of the nature quests taught you about your life?
- ▷ What are you most grateful for in this experience?

27

Large Group Sharing

What are you hearing/learning/discovering?



28

SPRING RITUAL




29

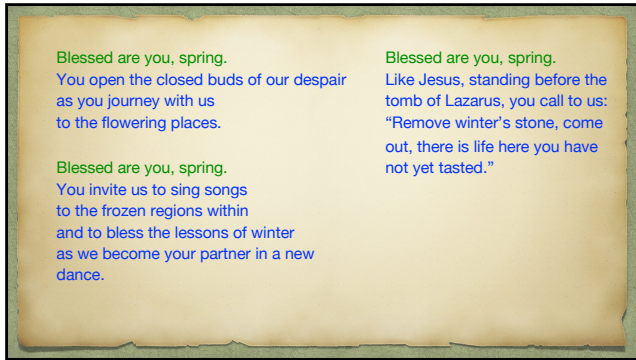
A Spring Blessing

Blessed are you, spring,
bright season of life awakening.
You gladden our hearts
with opening buds and returning leaves
as you put on your robes of splendor.

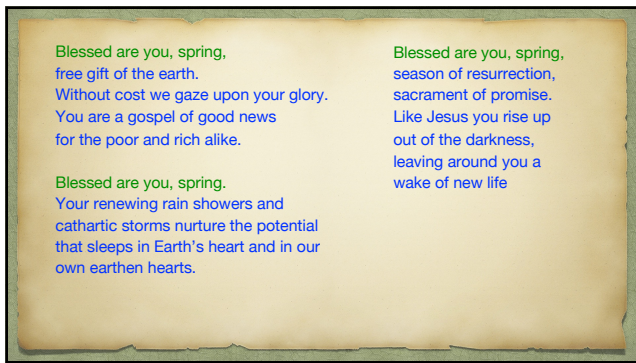
Blessed are you, spring,
In you is a life no death can destroy.
As you exchange places with winter
you harbor no unforgiving spirit
for broken tree limbs and frozen buds.



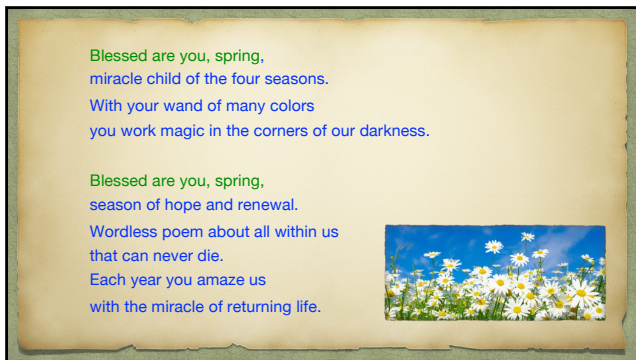
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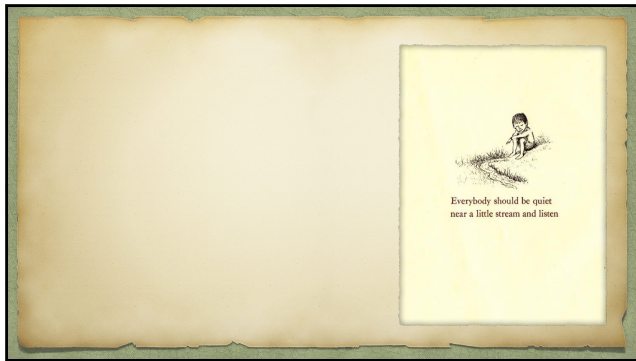
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