

SEASONS OF OUR LIVES
MONTH ONE – SEPTEMBER 2024
Track Assignments
September 15 & October 19, 2024

NATURE QUEST:

Go out into nature, alone, prepared with what you need (i.e., water, appropriate clothing, journal, pen, blanket, snack, etc.). 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 nature quest.

READINGS:

Anam Cara: A Book of Celtic Wisdom (John O’Donohue).

Chapter 2 – Toward a Spirituality of the Senses – starting at “A Spirituality of Transfiguration”

The Nest in the Stream: Lessons from Nature on Being with Pain (Michael Kearney, MD)
Beginnings, pages 21-71

AUDIO VISUAL

Season of Autumn – Circle of Life

VIDEOS:

Lesson Four: Nature Connection as Medicine (Michael Kearney) – 9 min (Soul and Science)
The Garden – 4 min

MUSIC:

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

October F Major, Op.8 No. 3, RV 293 'Autumn' 1: Allegro, (4.56 min)

<https://www.youtube.com/watch?v=I9Zem3jLY0c>

George Winston: *Autumn*

October Woods (6.45 min)

<https://www.youtube.com/watch?v=8CDNjKHTkpg>

TO FURTHER ENRICH YOUR EXPERIENCE/HANDOUTS

Richard Rohr – Just This

Richard Rohr – From Fear to connection

Chief Seattle – Web of Life

Lynn Parker – The Garden

Nan Merrill - Psalms for Praying - Psalm 139

Circle of Life – Season of Autumn