

SEASONS OF OUR LIVES
MONTH EIGHT – APRIL 2025
Track Assignments
April 19, 2026 to May 9, 2026

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 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, hear, taste, and sense – 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 journal right away or you may like to take some time to be with your experience before recording it.

When you are ready, creatively respond to your nature quest. You could do this by writing a poem, journaling, creating a picture or making something out of clay or other material, creating a collage from magazine photos or from things you collect in nature. Be creative!

Take a photo of what you create which can be used to share with others including your mentor and colleagues and as a memory of this nature quest.

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.

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

MUSIC

It's a Wonderful World
https://www.youtube.com/watch?v=rBrd_3VMC3c.

POEMS

The Peace of Wild Things, Wendell Berry
Deeper Colours, Eric Baylin

ARTICLES

Celtic Spirit by Catlin Mathews pp. 195-196

BLESSINGS

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