

**SEASONS OF OUR LIVES**  
**MONTH FOUR– DECEMBER 13, 2025**  
**Assignments for December 14, 2025 to January 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.

**READING**

The Nest in the Stream: Lessons from Nature on Being with Pain (Michael Kearney, MD) Seven Stories of Nature: Story No 2 – The Other Side of the Road (Longing)

**AUDIO**

Season of Winter, Circle of Life, Joyce Rupp and Macrina Weiderkehr (Megan Vacheresse, voice)

**VIDEO**

Soul and Science – Being with Pain - Lesson Two: Wounded Healers – 10 min (Michael Kearney)

Winter Reflection (2.32 min) (Debbie Doornbos)

**MUSIC**

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

F Minor, Op.8 No3, RV 297 ‘Winter’: I. Allegro non molto – (3.36 min)

<https://www.youtube.com/watch?v=9EV7jahxn88>

F Minor, Op.8 No3, RV 297 ‘Winter’: I. Largo (2.22 min)

<https://www.youtube.com/watch?v=2VGnvxs9c2g>

**George Winston: Solo Piano Pieces for Winter**

<https://www.youtube.com/watch?v=Uohk02Ekbc4>

## **GUIDED MEDITATION**

Nest in the Stream (24 minutes) (Michael Kearney)

## **TO ENRICH YOUR EXPERIENCE**

### **Articles**

Season of Winter, Circle of Life, Joyce Rupp and Macrina Wiederkehr

How the Soul Matures, Ron Rolheiser

Liminality and Transitions, Richard Rohr

Everything Falls Away, Parker Palmer

What Winter Can Teach Us About Solitude and Loneliness – RedCliff Ascent

### **Poems**

Keeping Quiet, Pablo Neruda

Light, John Phillip Newell, Praying with the Earth

Earth Meditation Poem – Albert Camus

### **Blessings**

A Winter Solstice Blessing – Debbie Doornbos

### **Activity**

Write your own poem, blessing or psalm

Color a nature mandala (see template below or design your own)

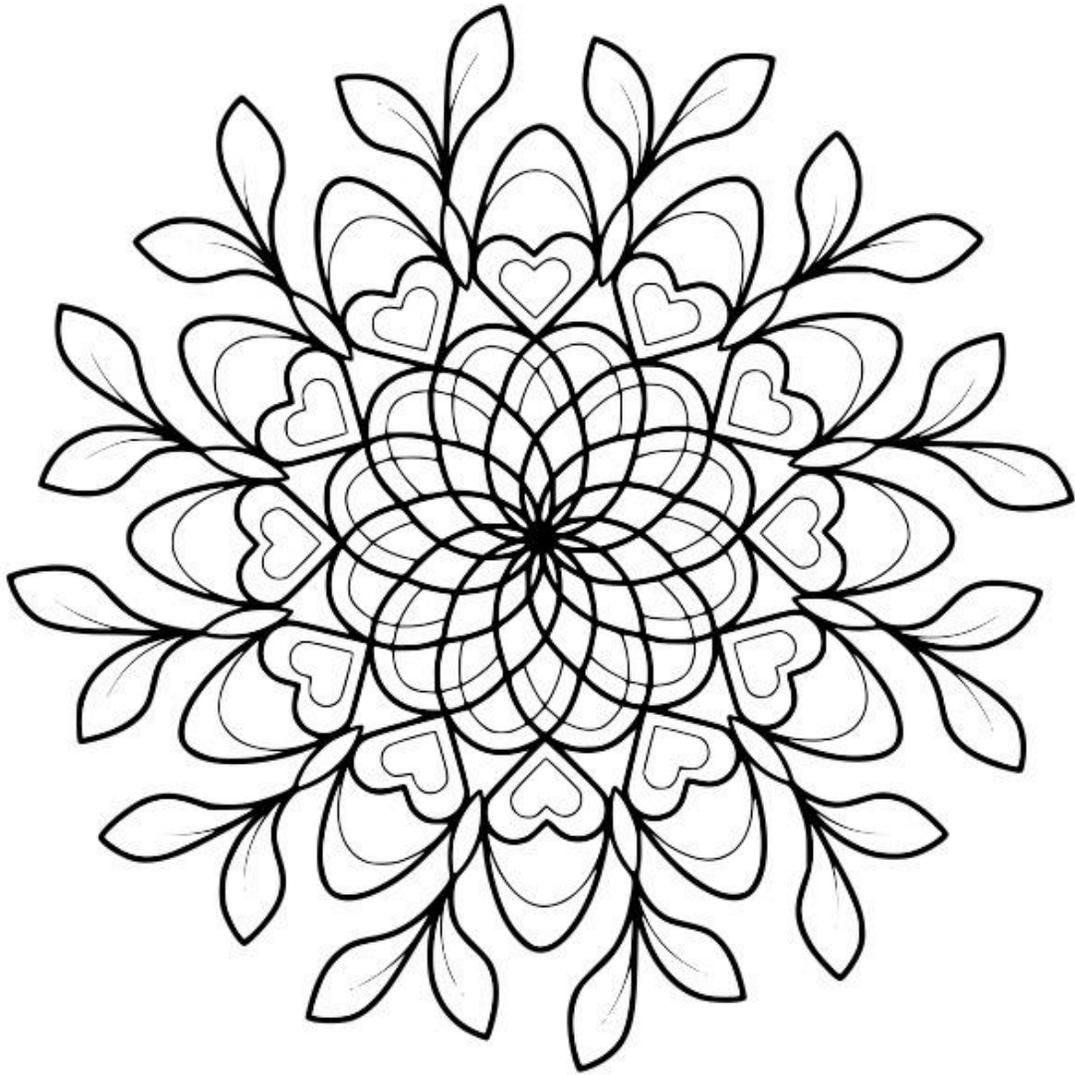


Image from [www.coloringbook.pics](http://www.coloringbook.pics)