

SEASONS OF OUR LIVES
MONTH THREE – NOVEMBER 2023
Track Assignments
November 11 to December 9, 2023

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 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:

Anam Cara: A Book of Celtic Wisdom (John O’Donohue).
Chapter 3 – Solitude is Luminous

The Nest in the Stream: Lessons from Nature on Being with Pain (Michael Kearney, MD)
Seven Stories of Nature: Story No 4 – The Nest in the Stream

AUDIO:

Surrender Guided Meditation, Michael Kearney, MD

<https://drive.google.com/file/d/1B67uwL1ZgEylZ5PUAQqd2LMrE2G6gug/view>

VIDEOS:

Soul and Science - Lesson Three: New Relationship to Pain – 8 min (Michael Kearney)

YouTube - We Remember Them

https://www.youtube.com/watch?v=PC9bz_zEGLw&t=1s.

Tear Soup: A Recipe for Healing After Loss by Pat Schwiebert and. Chuck DeKlyen

https://www.google.com/search?q=tear+soup+video&oq=tear+soup&gs_lcrp=EgZjaHJvbWUqBwgCEAAyGAQyCggAEAAy4wIYgAQyBwgBEC4YgAQyBwgCEAAyGAQyBwgDEAAyGAQyBwgEEAAyGAQyBwgFEAAyGAQyBwgGEAAyGAQyBwgHEAAyGAQyBwgIEAAyGAQyBwgJEAAYGATSAQk1MjgxajBqMTWoAgCwAgA&sourceid=chrome&ie=UTF-8#fpstate=ive&ip=1&vld=cid:616468dc,vid:-S-sxHSaE2M,st:0.

The Fall of Freddy the Leaf by Leo Buscagli.

https://www.youtube.com/watch?v=HT6_zBWYxz0.

MUSIC:

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

November: Vivaldi: The Four Seasons Violin Concerto in F Major, Op.8 No3, RV 293

“Autumn”: III Allegro “La Caccia 3.15 min – Israel Philharmonic Orchestra (3.15 min)

Tranquil Paradise: Music heals the heart and blood vessels; calming music restores the nervous system. (3:54:58)

<https://www.youtube.com/watch?v=hZWrlqxALd8>

TO FURTHER ENRICH YOUR EXPERIENCE:

Surrender - Tom Ryan

An Autumn Blessing by Joyce Rupp and Macrina Wiederkehr

We Remember Them: (A Jewish Remembrance) by Sylvan Kamens and Rabbi Jack Riemer

November Reflection – There is A Season for Everything by Debbie Doornbos

Grandma’s Hands by Elena Barnabe

Lamentation: A Cry to God by Richard Rohr

Lament and Prayer (Here in the Dust and Dirt) – Richard Rohr (on Anne Lamott)

For Grief – John O’Donohue