



Hello and Welcome to the **SEASONS OF OUR LIVES** track and to this community of Anamcara Apprentices and Graduates.

We are looking forward with anticipation and joy to the upcoming ten-month journey with you, which will begin during the International Anamcara Apprenticeship Year Two Opening Retreat in September. We will be about 20 participants and 5 of us on the Seasons of Our Lives Team.

Pre-Retreat preparation

In preparation for our time together, we invite you to 'warm up' with some reading and reflection in nature. Allow your soul to guide how much time and in what order you do the following:

1. Reflect on Mary Oliver's lovely poem, *'The Summer Day'*.

You will find this poem in different formats on the website with Password: Anamcara
<https://www.apprentice.sacredartofliving.org/seasons-o-l-pre-retreat>

Pick a format which appeals to you (audio, audio-visual or PDF)

- How does this poem speak to you?
 - Ponder the last line of the poem, *'Tell me, what is it you plan to do with your one wild and precious life?'*
2. Read the first 10 pages of Chapter 1, "The Mystery of Friendship" in *Anam Cara: A Book of Celtic Wisdom* by John O'Donohue. What strikes you in these pages?
 3. Spend quality time alone in nature. Find a quiet place to sit. Let nature be your teacher as you ponder some or all of these questions:
 - *Which seasons do you like the most / least? Why?*
 - *What metaphor would you choose to represent each of the seasons?*
 - *Which season would you use to describe your current life?*
 - *What hope do you have for yourself as you prepare for this track?*
 4. Journal about your reading or experience or create a poem, drawing or something else to express your insights or feelings.

Bibliography

Apart from *A Hidden Wholeness* by Parker Palmer and *The Celtic Spirit* by Caitlin Matthews, you will need the following books which are available in bookshops and on-line in paper and digital format.

- *Anam Cara: A Book of Celtic Wisdom* by John O'Donohue
- *The Nest in the Stream: Lessons from Nature on Being with Pain* by Michael Kearney, MD.

For a full list of recommended books (Bibliography) click here

<https://www.apprentice.sacredartofliving.org/sofol-bibliography>

Dates of webinars & practical details

The monthly webinar will take place on the second Saturday of each month for 2 hours and 30 minutes from 9.30 am – 12.00 midday at Mountain Standard Time (Edmonton). Please note that the time for the opening retreat in September is 10:00 – 12:30 pm. We will let you know if anything changes.

See below for the webinar dates. If you are in another time zone you can find the right time by checking here <https://www.timeanddate.com/worldclock/meetingtime.html?day=9>

You will receive a zoom invitation by email on Friday before each webinar.

At the opening retreat you will learn more about how we will proceed, but if any questions, do get in touch..

See you in September!

Debbie

Debbie Doornbos on behalf of the Seasons of Our Lives team

No	Mth	Day	Date	SMT	PST	Ireland	Comment / Theme
				Edmonton	Bend	Dublin	
1	Sep	Sat	9	10.00 - 12.30	9.00 – 11.30	17.00 - 19.30	During Opening Retreat
2	Oct	Sat	14	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Fall: Harvest /Gratitude
3	Nov	Sat	11	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Fall: Letting Go/Surrendering
4	Dec	Sat	9	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Winter: Darkness, Solitude
5	Jan	Sat	13	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Winter: Forgiveness
6	Feb	Sat	10	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Spring: New Life, Emergence
7	Mar	Sat	9	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Spring: New Beginnings
8	Apr	Sat	13	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Summer: Savouring
9	May	Sat	11	9.30 - 12.00	8.30 - 11.00	16.30 - 19.00	Cycle: Transformation
#	Jun	Sat	8	TBD	TBD	TBD	During Closing Retreat

This letter, pre-retreat work and other resources can be found on the Sacred Art of Living website: <https://www.apprentice.sacredartofliving.org/seasons-o-l-pre-retreat>