

BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

The Four Seasons

(By Chaplain Donnel; inspired by Alexander Shaia's "Quadratos" – a study on the four Gospels)

There was once someone who was old and wise. Full of wisdom, this person looked upon nature and creation as a guide. When others came to seek wisdom on how to live life, this is what the wise one would say.

“Remember my beloved siblings,” said the sage. “Observe closely the trees, the mountains, the river. Pay close attention to the sun and the moon; watch the plants grow and become ripe for harvest. Most important – remember to pay close attention to the four seasons. Each season invites us to do an important action.”

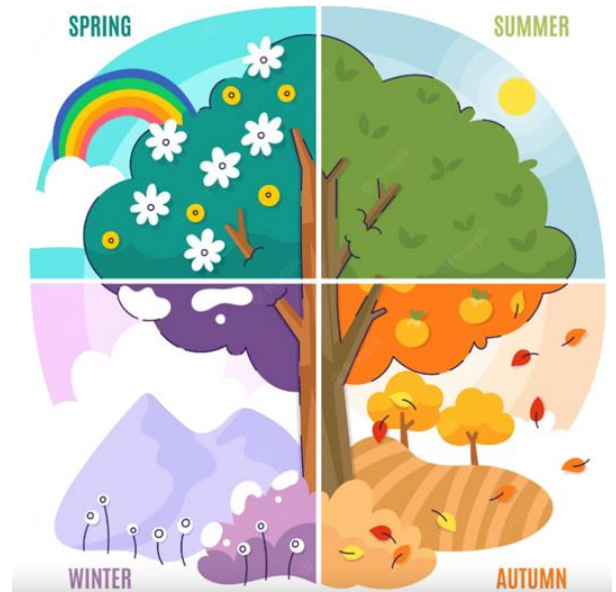
“The first action is to release and let go. In the fall, the leaves turn their color to bright and warm colors. Then notice the leaves fall and bless the earth to show that the trees had made peace with letting go.”

“The second action is to wait. In the winter, the darkness comes, and the land is dreadfully cold. And yet, while the plants and trees might look lifeless, they are in fact staying dormant to save energy. In the darkness we wait. We wait for the light to return.”

“The third action, my siblings, is to receive. In the spring, we receive the light as it returns. Watch the buried seeds asleep in their earthen tombs rise up with joy to break forth the hard coffins of their shells. Life bursts once more upon receiving the light of spring. Do not forget to receive the light.”

“The fourth action is to serve. In the summer, things grow lush green and ripen. Through their fruits, plants & trees nourish others. Likewise, we too need to nourish and serve one another.”

“Remember my siblings that these four actions will help us be in harmony with the Way: we release, we wait, we receive, and we serve.”



REFLECTION

Reflect on the wondering questions below with a friend or colleague by taking turns in answering each question. Make sure to do active listening with each other (echo back what you heard).

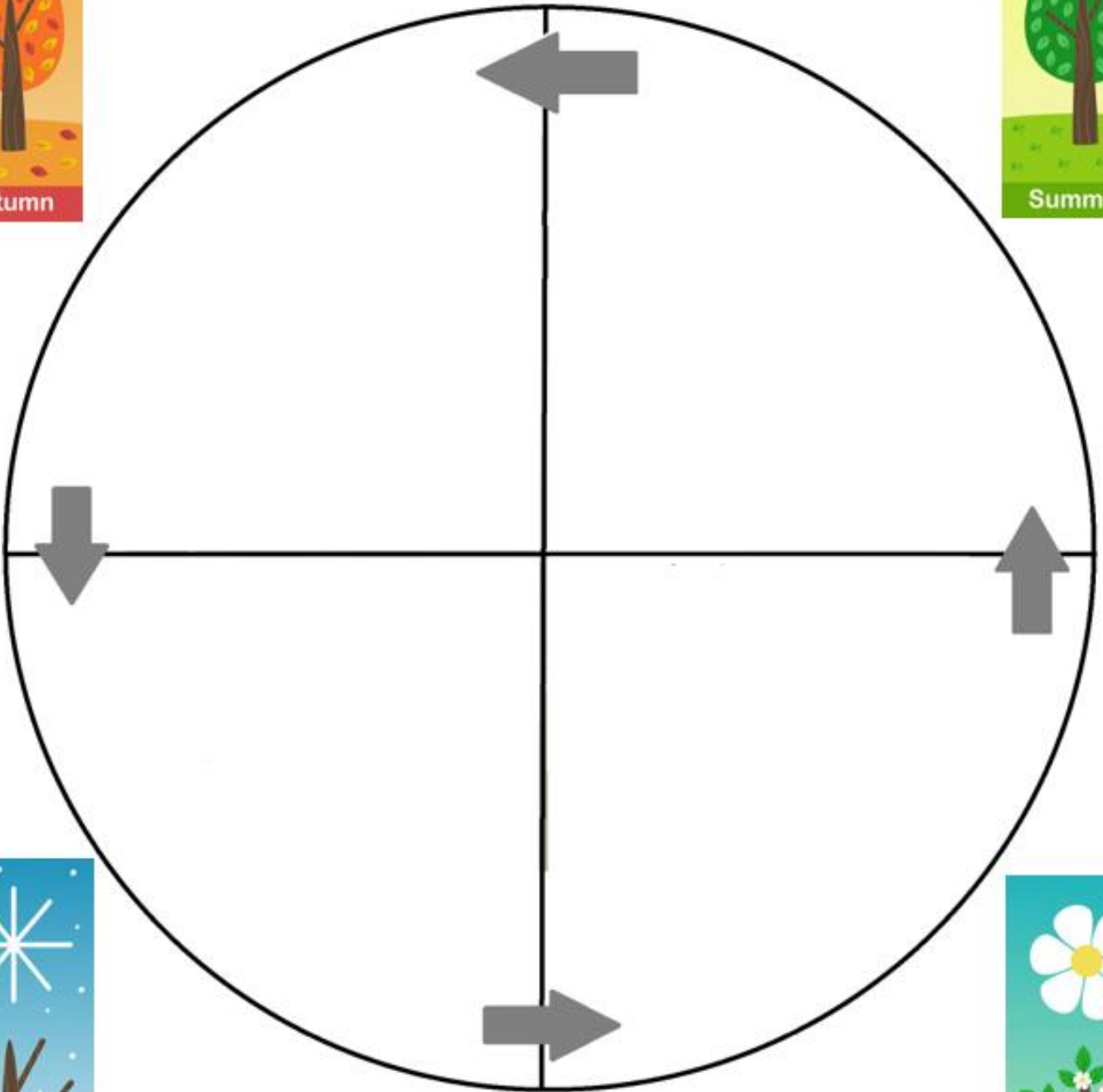
WONDERING QUESTIONS with a conversation partner:

- Which part of the story did you find most important? What resonated with you?
- What could the seasons really be about?
- Which part of the story is about you? Where are you in the story?
- Notice moments in your journey when you had to *release*. Moments when you had to *wait*. Moments when you *received*. And moments when you *served*.
- What season(s) do you find yourself now?

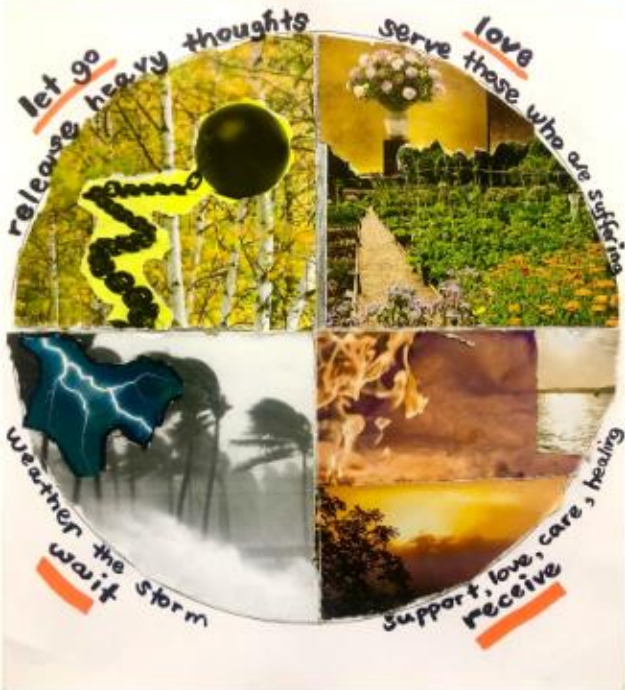
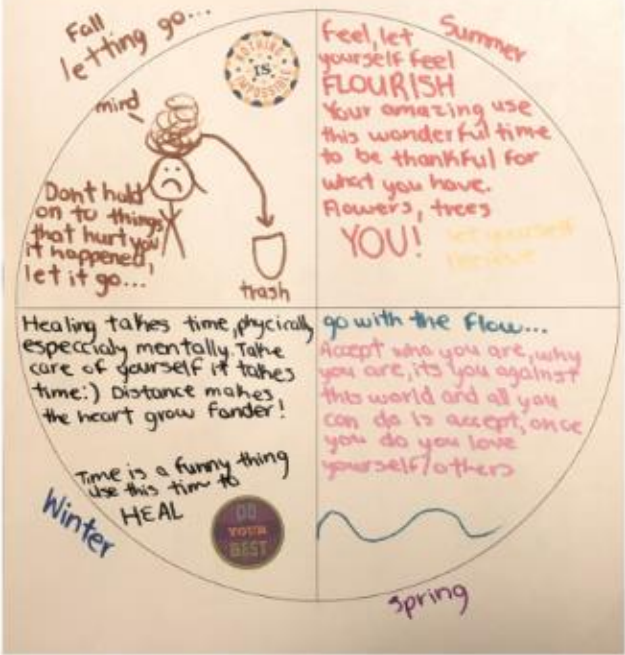
Remember, keep on sharing your stories. Keep on listening to each other's stories.

Your 4 Seasons

In the four spaces below, creatively write and/or draw how you have experienced or embodied the actions of each season: RELEASING, WAITING, RECEIVING, SERVING.



EXAMPLES



collage →

