

The Season of Creation

1st September – 4th October

The global reach of Covid19 has revealed our shared human nature and the inter-connectivity of our economies, political structures, health care systems, food production chains, energy and transportation systems in devastating ways. The pandemic also demonstrated that the entire web is rooted in the earth and limited by earth's capacity to sustain our economic and ecological demands. The unjust effects of climate change are a consequence of our inability to find a sustainable balance of this web.



The invitation of the Season of Creation is to engage in a conversion of heart and consciousness across our planet so we can all live in right relationship and harmony with earth and creation.

The following spiritual practice is offered as a way of strengthening this connection for us.

- Read the Poem: [The Waiting Wonders](#) (Mark Burrows) a couple of times and take some time to ponder the images evoked for you, (read it at least once out loud to yourself or to a companion) staying with any phrases or words or images that appeal to you.

THE WAITING WONDERS – Mark Burrows

If I speak of Nature it's not because I know what it is but because I love it. – Fernando Pessoa

The door of morning opens gently each day,
not demanding a thing of us but hoping

we'll have eyes to catch some measure of
the waiting wonders and their delights –

like the glistening jewels gathered at
the tips of the spruce's glistening arms,

left behind by rains that pounded all
night long, or the buzz of the hummingbirds

who've come searching for honeyed gold
hidden in the peonies' soft uncurling heads,
while a flock of clouds wanders slowly out
across the wide blue meadows of the sky.

All these are only what they are, and yet
they offer us glimpses of a gift stronger

than our longest losses and deeper than
what we know of sorrow and grief, glances
of the shining that still might save us who
know to listen, lingering, and to gaze.



Having read the poem, The Waiting Wonders, pause and take a few deep breaths and then very slowly and mindfully begin your walk in your local area, your backyard, the nearby park or beach and as you do so, say these mantras one by one to yourself:

*"I am walking mindfully
Treading consciously in Earth
I am part of all that is
Watching out for signs of growth
Heeding all the sounds around*

Slow your pace, feel the breath of air, notice any colour, look up to the sky and be aware of plants, shrubs, trees, waves, soil. Pause and soak in the beauty. Tread consciously. Stop from time to time and touch one of the plants, internally acknowledging Great Mystery present in you and in them. [Adapted from Cosmic Sparks: Igniting a Re-Enchantment with the Sacred by Margie Abbott RSM]

Julia Baird reflects . . .

One thing we all share, no matter our views, politics, abiding flaws or personal biases, is a capacity to be blown away by, and absorbed in, the tiny corners and vast horizons of the Earth. Many people have written to me recently about starting up ocean swimming, or getting up religiously to watch the sunrise, or about the behaviours of bees in their back garden – about what you can see when you are still.

What continues to be surprising is how much these things can sustain us.

In the past few weeks, I have dragged friends and family out into the water and onto cliff edges and alerted strangers to the alignment of two large planets with our moon.

There's such a great pleasure to be had in watching a person's eyes pop.

<https://www.theage.com.au/national/alchemy-for-glum-times-awe-of-life-s-wonders-20200807-p55jg7.html>