

# Gathering for Nature

*There are suggestions for video sessions – speaking in turns, muting, and using Chat. Some sections use a timer / clock.*

**When you join the session** *Facilitators – do these for yourself first and help others.*

- Check that you are unmuted and have video. Check your volume. Edit your name tag if necessary.
- Make sure you have a copy of the Gathering available.
- **Words of the Day.** In Chat, write “When I hear the word ‘nature,’ what comes to mind is ... ” and complete the sentence.

**Chalice Lighting** “We’ll begin by lighting the chalice.” *Ask for a volunteer to read.*

We light this chalice in gratitude for Nature.

Each morning, the sun rises in the East, bringing the energy of Spring and new beginnings.

We thank you.

To the South, which inspires our hearts to remain open to life long learning and playfulness, we are grateful.

We give thanks for the beautiful sunset skies of the West, in which we find the fortitude to put into action what we feel and dream in our hearts and minds.

We pay respect to our elders and ancestors who reside in the North, and give thanks as they watch over us and guide us with their wisdom.

Mother Earth, we thank you for caring for us and giving us all that we need through the cycles of our lives.

We pray that humankind will learn how to better live in harmony with the natural world.

*Kimberly Caputo-Heath*

**Words of the Day** “Now we’ll read the Words of the Day from the Chat box.” *People can’t see Chat written before they joined the meeting, so you might want to read these yourself or ask people to read their own.*

**Sharing of Joys and Concerns** “We’ll share joys and concerns.” *Begin, and then either call on people or ask them to “chain” to the next person. Make sure everyone has an opportunity.*

**Silence, holding each other in support** “Now a few minutes of silence” (2 or 3)

**Shared Readings** “I’ll start the first Shared Reading.” *Begin, and then either call on people or ask them to “chain” to the next person. Make sure everyone has an opportunity to read.*

Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth. *Henry David Thoreau*

If we kill off the wild, then we are killing a part of our souls. *Jane Goodall*

Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace. *May Sarton*

Trees are the earth’s endless effort to speak to the listening heaven. *Rabindranath Tagore*

Once destroyed, nature’s beauty cannot be repurchased at any price. *Ansel Adams*

We are stardust, we are golden ... and we've got to get ourselves back to the garden. *Joni Mitchell*

Technology and industry have distanced people from nature and magic and human values.

*Laura Esquivel*

If you submit to the ocean, you drown. If you try to control the ocean, then you're deluded. You learn how to live with the ocean. You learn how to float, to swim, to be a part of it, to be with it. That is the nature of the Pagan's relationship with nature. *Emma Restall Orr*

The voice of the Great Spirit is heard in the twittering of birds, the rippling of mighty waters, and the sweet breathing of flowers. *Zitkala-Sa*

Nature is not a place to visit. It is home. *Gary Snyder*

## **Deep Listening and Sharing**

**Round 1. Deep Sharing.** "Now we share reflections on Nature and the preparation." *Note the time available for each person. Go first to model. Make sure everyone has an opportunity.*

**Round 2. Responses and Comments.** *Note how much time is available for Round 2. People can unmute for freer exchange. Go first to model for the group.*

**Closing Circle** "We're going to say a word or sentence about what we are taking away from the session." *Begin, and then either call on people or use "chaining."*

**Chalice** "We will extinguish the chalice." *Ask for a volunteer to read.*

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

## **Bell or Chime**

## **Announcements**

## **The Covenant**

### **I commit myself:**

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share responsibility for good process by watching how much time I take to speak, noticing what is going on for others, and considering problems if they occur
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the "I-message."