

Monthly Theme: Motivation

November 21 & 22: Thanksgiving

“For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.”

~ Colossians 1:19-20

“Trees are an invitation to think about time and to travel in it the way they do, by standing still and reaching out and down.”

—Rebecca Solnit



Invitation to Thanksgiving



Find a wooded or botanical area.

Be present and fully in the moment.

Take a few deep breaths and center yourself. Focus on what your senses are taking in — whether it’s the scent of pine trees or a chorus of chirping birds.

Spend a few moments simply observing your surroundings. Sit and watch how the trees sway in the wind or simply walk around. If you decide to walk, go at a leisurely pace and without a specific destination in mind. It’s important to let your mind and senses explore and luxuriate.

Try for 20 minutes most days of the week.

the eirenico podcast
Thanksgiving Forest Bathing



Reflection:

What is keeping you from taking 20 minutes each day to just listen, notice?

Make a plan: when will you be intentional with your presence? List the days and time, and the name of someone else who might also do the same:



You are invited to join us on GroupMe:

