

The Beauty of Spring

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Walking in nature during spring is like unwrapping a gift from God, layer by layer, moment by moment. This season of rebirth reminds us that God's grace is ever present; each burst of colour and fragrance feels like a piece of divine artistry unveiled just for us. We are called to 'find God in all things', and this invitation extends to nature. Every day becomes a fresh opportunity to enter into the natural world with reverence, humility and a commitment to deeper communion with the divine. Spring invites an orientation of gratitude – a deep thankfulness for the creator who brings life from the soil, beauty from the earth and hope from what seemed dormant. This act of giving praise to the earth can become a daily practice and a powerful prayer; it becomes a heart-centred 'thank you' to God and creation. The natural world is not merely a backdrop to our spiritual lives; it is a sacred walk, a living sacrament that reveals God's presence and glory. Each step on the path feels like walking in a sacred space, where the wind is gently whispering, 'You are loved and part of this mysterious web of life.'

To enter nature in this way is to listen for this love, to attune ourselves



to the rhythms of life that echo the heartbeat of God. Having a sensitivity to nature can become a spiritually abundant daily practice or prayer. We are invited to rediscover what the divine truly feels like and how to sense this presence: God's presence in our everyday encounters in nature. Becoming more attuned to the voice of God in all things becomes a daily lived contemplative awareness – a mindful presence that engages all our senses. This mindful energy exchange elevates all interactions to a new level of awareness and appreciation. In many ways this integrates Pierre Teilhard de Chardin's vision of humanity's collective spiritual awakening and Brian Swimme's reflections on our place in the cosmic story. It invites participants to deepen their ecological consciousness, spiritual connec-



tion and responsibility for the world. By becoming aware of humanity's role in shaping a collective consciousness that connects the Earth, its systems and its inhabitants, we are brought into a frequency of interconnectedness, and pursuing the greater good for creation becomes an act of service. Being of service spiritually also requires an active response to the ecological crises of our time, where our relationship with nature moves from exploitation to care, from domination to kinship. This conversion is a response to God's call to be co-creators and stewards of the Earth, living in harmony with all creatures.

Through acts of conservation, sustainable living and advocacy for environmental justice, we fulfil our vocation to serve creation as we serve God. As you enter this new season

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become open to the invitation to co-operate with the divine in the flourishing of all of creation. When walking in nature, try to become reflective and notice where God is moving.

Often something simple like a daffodil dancing in the wind draws our attention, or it could be birdsong, the scent of the rain or even the roar of the ocean. Each moment can become an encounter with the divine, deepening our awareness of God's active presence in us and in creation. Each day we are invited to step toward humanity's ultimate unity in Christ, the 'Omega Point' where all things are drawn together in divine fulfilment.

This practice becomes pure gift, but its flourishing depends on our spiritual awakening and a shift in consciousness, urging humans to act as stewards rather than exploiters of the Earth. By cultivating a relationship with the Earth that reflects love, justice and respect, we participate in God's creative and redemptive mission. Inspired by this and the interconnectedness of humanity and creation, explore how you can connect in a more meaningful way to God and creation. Try a gratitude practice the next time you are in nature and make it your intention to 'give thanks for the gift of creation'.