

# Spring



Just as there are seasons in the world around us, so there are in our interior life. We cannot expect it to be otherwise.

~Teresa of Avila

by Colleen Wood

I love being outside—it is where I have had my strongest encounters with God. So, with Spring, I am looking forward to being outside more! We can't all trek to our closest conservation areas, but I challenge you to think about Spring and how this time of renewal can renew your relationship with God.

Each morning, as you arise, I encourage you to visualize Spring. Take a moment in quiet, close your eyes, and visualize some signs of Spring. Think of your favourite Spring flowers poking through the earth. Consider the birth of lambs. See the buds on the trees. Take a moment to thank God for new life of Spring.

If you can, get outside. Sit on a park bench as you smell, hear, and see the signs of Spring. Go for a stroll through your neighbourhood and see what has changed since you were last

out. Open your patio doors and head out to survey the neighbourhood. Thank God for the changes of Spring.

Finally, in your own church, where do you see new life? Are there new babies in your midst? Has the church received some Spring cleaning? Have the liturgical cloths changed? Are there new plants or flowers displaced? If not, perhaps see if you can bring some Spring into your church. Pray for your church. Pray that those who enter its doors will be changed. Pray that just as nature grows, our churches will grow.

Finally, pray this Spring that the new growth that we see in nature, will also be experienced within us. May we come alive in new ways. May we experience renewed energy. May we look to the living Christ to renew our own lives as the world around us is renewed.