



Wonder in Creation

Additional resources to help you **read, learn, act, invest, connect** and **reflect** in creation as spiritual practice.

September 2020

Wonder in Creation: Mindful Steps

[read]

Resource Name	Link or Where to Find	Description
"What Walking Taught Me About Environmentalism" - Outside magazine	https://www.outsideonline.com/2411469/environmentalism-lessons-social-distancing-quarantine	Discover how a walk can show how we are "woven" into our eco community even during quarantine.
"Here and Now Pilgrimage" - Timi Vann	https://youthpilgrimage.ecww.org/here-and-now-pilgrimage/	A "here and now" pilgrimage doesn't require travel far from home to experience the sacred.
"How Hiking Can Help Your Spirituality" - Belief.net	https://www.beliefnet.com/faiths/articles/how-hiking-can-help-your-spirituality.aspx	Shows how hiking can strengthen faith and connect you with the world around you.

[learn]

Resource Name	Link or Where to Find	Description
Mountaineers Club	https://www.mountaineers.org/	Offers a variety of programs and resources to explore, learn and conserve.
Cascade Bicycle Club	https://www.cascade.org/	Brings people of all different abilities together to focus on transforming lives through biking including a focus on environmental stability.

[act]

Resource Name	Link or Where to Find	Description
Seattle Stairway Walks	http://www.seattlestairwaywalks.com/	Explore new neighborhoods and parks in Seattle (with a guaranteed set of stairs, even if hidden at first glance).
“How to Hug a Tree” - Learn Religions	https://www.learnreligions.com/tree-hugging-1725801	Take a moment out of your day to actually hug a tree. Learn more about this feel-good experience.
“Creative Arts As Spiritual Practice” - Denise McGuiness, Phd., MDiv	https://www.pnwumc.org/news/creative-arts-as-spiritual-practice/	Express creativity while writing and practice art outside.

[invest]

Resource Name	Link or Where to Find	Description
Outdoors for All	https://outdoorsforall.org/	Support children and adults with disabilities participate in activities through outdoor recreation.
“How to Move Outside with Limited Mobility” - Yoga Circle Studio	https://www.yogacirclestudio.com/wp-content/uploads/2015/01/Chair-Yoga-pdf	Bring your chair outside and follow this low-impact yoga routine for breath and movement in nature.
Girls on the Run	https://www.gotrpugetsound.org/	Empower girls to learn life skills and reach their potential through running.

[connect]

Resource Name	Link or Where to Find	Description
Outdoor Yoga	http://pnwoutdoor yoga.com/	Connect and meet others who enjoy hiking, yoga and taking time to unplug in the Pacific Northwest.
Washington Trails Association	www.wta.org	Find trails to hike,

		opportunities to restore outdoor spaces, and resources to explore the wilderness safely.
New to the Labyrinth	https://www.veriditas.org/New-to-the-Labyrinth	Learn about the labyrinth and how it can benefit by quieting the mind and opening the heart. Then check out the Labyrinth at Saint Mark's.
"How can pilgrimage help us encounter God?" - Talking Theology podcast	http://podcast.cranmerhall.com/231001/2079294-stephen-cottrell-how-can-pilgrimage-help-us-encounter-god	Listen to how you can take steps toward pilgrimage and encounter transformation along the journey without leaving your zip code.
Cathedral Conversations: Saint Mark's podcasts	https://saintmarks.org/connect/cathedral-conversations/	Listen on your walk to this podcast series with interviews from individuals in our Saint Mark's community.

[reflect]

Resource Name	Link or Where to Find	Description
"The Peace of Wild Things" - Wendell Berry	https://www.outdoorयोगsf.com/outdoor-yoga-blog/2017/4/26/the-peace-of-wild-things-by-wendell-berry	Berry recalls a place in nature that he goes when he cannot sleep and describes connection with nature that brings presence and peace.
"Wild Geese" - Wendell Berry	https://www.yesmagazine.org/education/2011/04/01/words-that-inspire-the-wild-geese/	Berry describes a journey by horseback that brings awareness of the present moment from observations in nature.
"Grace" - Wendell Berry	https://www.poetryfoundation.org/poetrymagazine/browse?contentId=30630	Berry describes stillness in movement in a scene in the woods.
Isaiah 52:7	https://biblehub.com/isaiah/52-7.htm	
Isaiah 30:21	https://biblehub.com/isaiah/30-21.htm	
"Christ Walk - a 40 Day Spiritual Fitness Program" -	Church Publishing, Inc.	Reflections on mind, body and spiritual health, paired with

Anna Fitch Courie		passages from Christian scripture and tradition.
“A Labyrinth Year - Walking the Seasons of the Church” - Richard Kautz	Church Publishing, Inc.	Devotions based on seasons of the liturgical year, paired with Biblical figures, seeking connections with our own lives.
“By Willoway Brook - Exploring the Landscape of Prayer” - Cindy Crosby	Amazon and other booksellers	Personal reflections from walks across the seasons on a beloved landscape.