



Mindfulness is learning how to be fully aware of your body, mind, and feelings in the present moment without bias or judgment.

JUST BE

You can just sit and be. Use a bench or comfortable “no thinking” spot on the ground. Forget “to do” lists or multitasking.

THEN . . .

BE KIND TO YOURSELF AND OTHERS

Think or say kind, compassionate words about yourself, your friends and family, or community, or those who need your care of concern. You could also choose to name them in a prayer.

BREATHE DEEPLY

Breathe in through your nose, hold your breath as you count a chosen number of times, then breathe out through your mouth. If you wish, say a word or sound of your choice and REPEAT. Experiment with the length of time you hold your breath. Instead of counting, you could choose to say a given list of persons you wish to remember or pray for.

TRY A WHOLE BODY SCAN

Become aware of different parts of your body, one part at a time. Begin either at your head and move toward your feet or at your toes and move up to your head. Move, exercise, or notice the feeling of each body part.

DO A MINDFULNESS WALK

Walk “aimlessly” to wherever your feet will take you in the area near your station. Pay attention to your feet and legs and the surface under them. What sights, sounds, smells, and feelings do you experience along the way near the station? Some people also choose to do prayer walking.

USE EACH OF YOUR FIVE SENSES, ONE AT A TIME

Look and see – shapes, sizes, colors, light and dark, location. You don't need to name or identify, just notice likenesses and differences.

Hear and listen – Pitch, tone, volume, intensity of sound in the world around you, animals, people, wind, water, rustling or crunching.

Touch and feel – coolness and warmth, roughness and smoothness, hardness and softness.

Sniff and smell – plant fragrances, animal smells, soil, air freshness or pollution, smells of industry, danger.

Taste – but only if you are SURE something is safe to taste.

Special Things to Do or Observe at This Station:

- The big red oak at this station can be explored by feeling its bark, its fallen leaves and branches, the moss or lichen on one side, its fallen acorns, evidence of acorns being used by animals, its young first year acorns, its spring blossoms, and new leaves. Red oak acorns mature every two years in contrast to other oak trees; the following year only small, immature acorns fall from the trees. Measure its circumference with a string or tape measure or by seeing how many children it would take to reach around it. Feel the surface of the burl growing near the base of the trunk.
- In late summer or fall, there may be an edible mushroom growing nearby.
- Compare the leaves and bark of trees growing nearby.

- What nature sounds and sound made by humans or machines do you hear? How are birds or insects (butterflies, mosquitoes, bark beetles, etc.) using the area? What shapes and colors do you see in the wild plants and in the cultivated fields nearby? Compare the view of woods, fields, road, and dwellings you see. Feel of soil or snow under your feet.

Red Oak Meditation

The people said to Joshua, “The LORD our God we will serve, and him we will obey.” So Joshua made a covenant with the people that day, and made statutes and ordinances for them at Shechem. Joshua wrote these words in the book of the law of God; and he took a large stone, and set it up there under **the oak in the sanctuary of the LORD**. Joshua said to all the people, “See, this stone shall be a witness against us; for it has heard all the words of the LORD that he spoke to us; therefore it shall be a witness against you, if you deal falsely with your God.” Joshua 24:24-27

Whom have we promised to serve? Long ago, God's people promised to serve the Lord alone.

Oak trees can become very old. Their leaves are blown far from the tree and may be mingled with those of other trees that have fallen to the ground.

Red Oak Leaves

The Red Oak leaf has sharp points. Its nuts are prized by squirrels, deer, and turkeys. People use the acorns to create crafts. The wood is strong and firm and makes fine furniture.

As oak leaves are raked think of the promises we have made.
Whom do we serve?

Red Oak

Red oak, red oak
Sturdy, straight, and strong
Your leaves so bright and gold
I've admired oh, so long.
They soon become
A lovely brown,
Giving earth
A lovely gown.

Loretta Kuse

Dear Lord,
The oak tree is sturdy and strong. Strengthen our faith and
make us strong in and through you. Help us to keep our
promises to serve you. In your name we pray. Amen