

# contents

## introduction { VII }

I	{ autumn }	A Walk in the Woods	3
		Trusting	9
		Signs of God's Presence	20
		Freeing the Spirit	24
		Rainfall and Night Thoughts	34
		Joy in God	37
		The One Who Is There	42
		Inner Sounds	45
		The Silence Inside	49
		The People Outside	52
		Prayer and Play	55
57	{ winter }	Gray Days	59
		Listening	63
		Open Spaces	68
		Running	73
		Letting God Be God	76
		A Bow in God's Hands	80

83	} spring }	Springtime of the Soul	85
		Being and Doing	88
		Prayer and Madness	91
		Song of the Sparrow	94
		Darkness and Light	97
		A Clearing in the Woods	99

101	} summer }	Journeys	103
		Credo	107
		Catechism	111
		The Mystical Garden	114
		Mystery	117
		The Will of God	121
		Images	123
		Assisi Rising	125
Poetry	131		

afterword { 135 }