



# Through the Window

Connecting with creation through Lent even when you can't get outside.

## WEEK ONE: TREES

If you have a tree outside your window where you can see it, stand or sit and simply look. If there is not one where you can see it, feel free to use the picture at the top of this sheet – it is a beautiful sycamore tree at Montacute House – or find a picture of a tree that you like in a book or on the internet, or close your eyes and imagine a tree that you know.

## Meditation

Trees are amazing things. Their roots go down into the ground holding them upright and stable and taking precious nutrients from the soil to feed their growth. Moving up the tree the trunk and the branches become thinner and more delicate making patterns against the sky that are often very distinctive. And they support life. Whether there are leaves on your tree or not, there will be creatures living on or under the bark; perhaps birds nesting in the branches; even squirrels or owls hiding away.

## Something to think about

Where are you rooted?

What do you need to feed your growth?

What gives you life?