

Thomas Cole, *The Oxbow*, 1835



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

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Death is an immeasurable mystery. Every vantage point elicits new questions, new reflections. Where can we find some peace? For many, this answer resides in nature. Whether we walk on a path through the forest or gaze out the window into our garden, the beauty and calm of the natural world can soothe our weariness.

The vastness of our sorrow can sometimes only feel matched by the endless sky or ocean or mountain range. Acre upon acre of farmland, miles of rolling hills, the desert spreading out to the horizon. Our city parks. Nature, the land, water, and sky bring us back into ourselves. And, perhaps, back into connection with the same mystery shaping the death cycle. Our loved one was not snatched from us. Our loved one was of nature. So, we go there. We feel them in the wind, in the sounds of the trees, in the birdsong and insect buzz. The limitless sky may just be the right-sized container for our endless love.

Q.) Where in nature do you feel your loved one? Write about being held in nature as you grieve.