

*“And a harvest of righteousness is sown
in peace for those who make peace.”*

James 3:18 NRSV

*Gathering the harvest together
and meeting within
the shelter of each other’s soul*



Forage

Always use a good foraging guide.

- Blackberries
- Elderberries
- Hedgehog Mushroom
- Crab Apples
- Hazel Nuts
- Horseradish

Pilgrim Places

- S. Michael’s Churches
(Many over Wales)
- S. Dyfrig’s Well
(Garn Llwyd, Llancarfan)



Share your experiences with friends
through social media using the
‘What-Three-Words’ app to help
note specific places.

*These Eight sheets - Through the Year
will help you connect to and meditate in
outside places.*

*See our website below for links and
further ideas.*



Ardal Weinidogaeth
Bro Gwydyr
Ministry Area

www.BroGwydyr.Cymru

Autumn Equinox

Harvest

A short guide to
outdoor activities
For use on your own
or with friends.

*St. Dyfrig, Cadoc,
S. Michael.
Sharing, Letting Go,
Gleaning.*



Look out for Michaelmas Daisies

Art by Chloe Elliott

Retreat Day: If possible spend a half or whole day by yourself in nature. Or, if this is not possible try to keep an hour or two at a time each month.

Anam Cara - Soul Friend

Over the Equinox day and night are equal once again. In a time of balance at the beginning of Autumn, before the Winter, often the weather can quieten for a small Michaelmas summer.

Quieten your soul to help you prepare for the winter and discover those who are friends to your soul. Keep them close when the days shorten.

Be ready to let go of the summer and turn cheerfully to the coming winter.

“Therefore my heart is glad, and my soul rejoices; my body also rests secure.”
Psalms 16:9

“He ordered them to take nothing for their journey except a staff; no bread, no bag, no money.”
Mark 6:8

Sit Spot

Choose somewhere to sit for half an hour. Sit and calm yourself. Welcome distractions. Notice the small world of nature around you. Ask open ended questions. What is the spirit saying to you?

Treasure Trail

As squirrels, leave ‘treasures’ for people to find.

- Seeds
- Small cairns
- Painted Stones
- Plaited grasses

“Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.”
Psalms 126:6



Make a walking stick: Cut a straight branch from coppiced Hazel trees (if possible with a fork at one end). Clean any shoots away with a knife or drawknife. Use sandpaper to smooth the sides. Use a small piece of copper pipe as a ferrule at the bottom. Finish with oil.

Collect acorns, hazelnuts or other tree seeds and plant them in pots. Keep them safe from squirrels. Reflect on their life as they grow and give the trees as presents next year.

Hedgehog shelters: Dyffrig was often pictured with a hedgehog. Make a shelter for hedgehogs in your garden.