

“We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.”

2 Corinthians 4:1

*Nature sleeps, the dark comes
Between temporal and eternal worlds
The veil thins to gossamer.*

The earth takes on a blanket of leaves to hibernate and sleep. Winter is a time to retreat to the hearth, to gather in. Under the earth preparations are beginning for the coming year, composting, germinating, rooting.

Forage

Always use a good foraging guide.

- The last blackberries
- Sloes
- Chickweed
- Burdock root
- Fennel Seed

Pilgrim Places

- Llangybi
- Ynys Cybi
- Llanilltud Fawr
- Tywyn (Cadfan)



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.



All Hallows

Beginning of the Celtic Year

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

*Cybi, Cadfan,
Illtyd, Tysilio.
Retreat, gather
prepare.*



Look out for Skeletal leaves

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.

The earth takes on a blanket of leaves to hibernate and sleep. **Explore** the fallen leaves for signs of continuing life.

Gather fallen leaves and branches into piles to compost and to make habitats for decomposers. They help break down material into the earth to feed the new growth.

All Hallows' is a liminal space where the separation between life and death comes close. **Reflect** at crossing places: stiles, gates, crossroads, churchyards.

“Return, O my soul, to your rest, for the Lord has dealt bountifully with you.”

Psalm 116:7

“Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me.”

Psalm 23:4

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.

- Bug hotels
- Habitat for slow-worms
- Packet of seeds to plant
- Nuts and seeds for the birds

““It is better to go to the house of mourning than to go to the house of feasting; for this is the end of everyone, and the living will lay it to heart.”

Ecclesiastes 7:2

Make and light a bonfire. Bring our fears of death, decay, dying and darkness to the light of the flames. As we watch and feed the flickering light reflect on those we no longer see, those who have returned to the earth. In the ashes of the fire is the genesis of new life.

Bake ‘soul cakes’ rub 2 parts flour into 1 part butter until crumbs. Mix with milk or water. Add salt, sugar, fruit to taste. Shape and bake on a hot griddle and share them with those who gather around the fire.

