

Spring Equinox

March / April

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

Rest, Reconciliation,

Easter, Saint Madryn,

Saint Beuno, Saint Padarn



Look out for Blackthorn

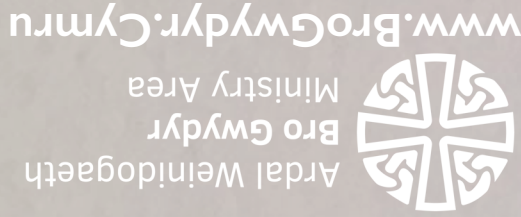
- Pilgrim Places
- Visit St Beuno's well and Church at Clynog Fawr
- Walk Garn Fadryn
- Visit Llanbadarn Fawr



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.



Plant alliums (onion family) or other perennial bulbs.

"Unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit." John 12:24

Watch and wait the letting go earthed laid out to rest reconciled through death reborn

Forage for spring greens:

Always use a good foraging guide.

- Ramsons
- Pennywort
- Hairy Bitercress
- Primrose
- Common Sorrel
- Watermint
- Common Hogweed

Offer Hospitality:

Fold some foraged spring greens into bread dough. Break and share the bitter-sweet bread with friends.

Listen to the dawn chorus

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.

Choose a small piece of land that is unlikely to be disturbed. One you can visit often. Wait and watch to see what happens. Only intervene if absolutely necessary. Watch nature slowly restore its own balance.

Wander - have courage to walk where you have not walked before and pray or meditate on everything you find in your path.

Sense the season, in sight, smell, touch, taste and hearing. Celebrate the renewal of nature.

*“When you send forth your spirit,
they are created; and you renew the
face of the ground.”*
Psalms 104:30

*“Keep your heart with all vigilance,
for from it flow the springs of life.”*
Proverbs 4:23

Sit Spot

Return to a familiar place. Sit and calm yourself. Welcome distractions. Notice the small world of nature around you. Don't analyse too much. What is the spirit saying to you? Do you feel accepted here?

Treasure Hunt

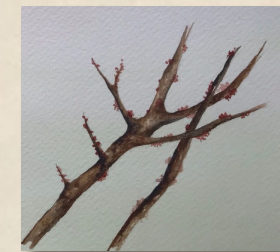
Make a list before you go out:

Some ideas:

- Morning dew
- A Hare
- Leaf and blossom buds
- Birds attracting a mate
- Frog and Toad spawn
- Feeling the warmth of the sun

*“For where your treasure is, there
your heart will be also.”*
Matthew 6:21

Make a journey stick



A journey stick is a reminder of where you have been and what you saw.

Choose a stick for your journey, retreat day or walk.

As you go, attach items to the stick that attract your attention.

Make sure you attach them in the order you found them so that you can re-tell the story of your journey using your stick as a reminder.

