

**Meditate** on Snowdrops as Anna the prophet.

*“At that moment she came, and began to praise God and to speak about the child...” (Luke 2:22ff)*

*Determined but humble with heads hung low against the wild winter.  
As midwife they sing:  
‘It is at hand’*

**Offer Hospitality:** According to legend Saint Bridget changed reeds into fish in order to feed the people of Llanrwst.

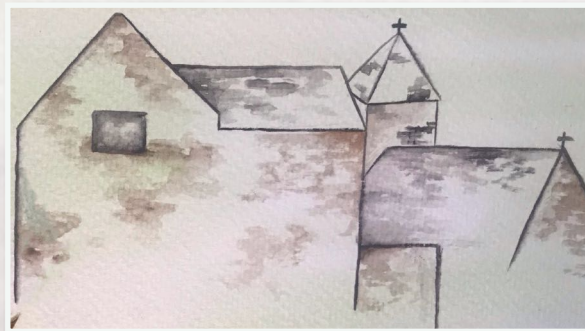
- Feed your friends with something wild and natural like nettle soup.

### **Bird Boxes**

- Clean out bird boxes ready for the breeding season.
- Make and put up new bird boxes in your garden or local area (with permission)

### **Pilgrim Places**

- Visit the Priory and well at Penmon and S. Seriol’s island
- Walk the Saint Teilo Way



**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.*



# Celtic Spring

*February-March*

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

*Saint Bridget,  
Candlemas  
Saint Seriol,  
Saint Teilo, Lent.*



*Art by Chloe Elliott*

**Look out for Snowdrops**

**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 piece of land,** Garden, Public Park or Woodland. Begin to understand and know the area better. If you need ideas, use the website pages (on the back of the leaflet) to see where other people have been.

**Wander** without destination and pray or meditate on everything you find in your path.

**Search** the area, be inquisitive. Look, Listen, Taste, Smell, Touch.

*“God saw everything that he had made and indeed it was very good.”*

*Genesis 1:31*

*“Who shall ascend the hill of the Lord? And who shall stand in his holy place?”*

*Psalm 24:3*

### Sit Spot

Choose somewhere to sit for half and hour. 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?

### Treasure Hunt

Make a list before you go out:

Some ideas:

- Willow shoots
- Animal footprints
- Snowdrops 'Mary's Bells'
- A Spider's web
- The first song of a Blackbird
- A skeletal leaf

*“The kingdom of God is like treasure hidden in a field.”*

*Matthew 13:44*

**Make a cross of Saint Bridget,** push wild flower seeds between the stalks and leave them somewhere as a surprise for others later in the year.

### How to make the crosses:

Choose a straight stalk. Fold another in half and put in around the first at 90 degrees. Fold the next in the same way. Follow the same pattern each 90 degrees until a square forms. Fold the last stalk in and tie the ends.

