

Plant a cross of sticks in a pot of nasturtiums or sweet peas and allow them to grow and weave around it.

*“So neither the one who plants nor the one who waters is anything, but only God who gives the growth.”  
1 Corinthians 3:7*

*From the Hearth onto the heath.  
Winter to summer dwelling.  
Stretching, learning to rejoice.*

### Forage

*Always use a good foraging guide.*

- Lime leaves
- Seaweeds
- Fennel
- Wild Onion
- Yarrow



### Practical

- Hunt for bugs
- Go pond dipping
- Play sensing games
- Practice animal behaviours
- Melangell protected a hare from hunters - Protect nature from those who would destroy it.

### Pilgrim Places

- Pennant Melangell - Yew trees, church and shrine.
- Llyn Geirionydd - (Monument to Taliesin)
- Discover and Walk Sarn Helen



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.*



## Birth of Summer May

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

*Pentecost, Ascension,  
Helen of Caernarfon  
St. Melangell, Thresholds,  
Rogation, Learn,  
Grow, Rejoice*



*Art by Chloe Elliott*

**Look out for Cuckoo Flowers**

**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.

**Rogation** (*from rogare: to ask*) Walk the boundary, threshold or at the edge of places where two environments meet. Consider Christ at every edge. Learn what it means to be the in-between.

**Consider** every atom where they have been. That each one might have been a part of you. Reflect on the poem I am Taliesin. *“I have been a blue salmon, I have been a dog, a stag, a roebuck on the mountain...”*

**Participate** with nature. Rejoice in the beauty of sweet flowers and the harmony of birds. Sing in unison with the grasses as they dance in the breeze.

**“Do I not fill heaven and earth?”**  
*Jeremiah 23:24*

**“For God alone my  
soul waits in silence;”**  
*Psalm 61:1*

### 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 Hunt

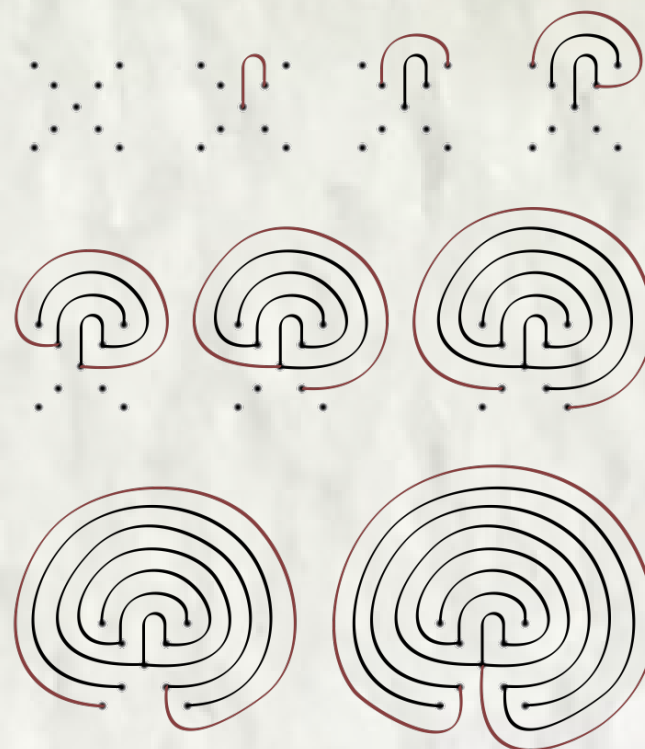
Make a list before you go out.

Some ideas:

- Blossom
- A border
- Nesting birds
- Cuckoo
- An opening
- Transforming Tadpoles

**“This is the day that the Lord  
has made; let us rejoice  
and be glad in it.”**  
*Psalm 118:24*

**Make and walk a labyrinth.** Begin with nine stones laid in a cross and join them as shown. Use natural items if possible, or simply mark the path on the earth.



Walk the path slowly allowing your whole self to be absorbed by it. Pause and reflect at the centre, before retracing your steps outward.