

The earth is generous to us at this time of year. As we go out and gather our food remember to leave a portion for the rest of nature and share our harvest with those who cannot gather their own food.

*“Those who are generous are blessed, for they share their bread with the poor.” Proverbs 22:9*

*Gathered around a fire  
Watching bread rise and cook  
Stories of bread for today*



## Forage

*Always use a good foraging guide.*

- Bilberries
- Wild Strawberries
- Balsam Seedpods
- Giant Puffball
- Elderberries
- Meadowsweet
- Horseradish

## Pilgrim Places

- St. Deiniol's Cathedral
- Burry Holms
- Merthyr Tydfil
- St. Mary's Well, Uwchmynydd



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](http://www.BroGwydyr.Cymru)

## Lammas

*First Fruits  
of the Harvest*

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

*St. Deiniol, St. Mary,  
St. Gwyddelan, St. Tydfil  
Beginning of harvest*



*Look out for Bilberries*

*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.

### **Lammas = loaf mass**

A time of celebration and rejoicing that the harvest has begun. Often a loaf of bread was baked with the first cut of wheat and bilberries were folded into the dough.

**Watch and wait,** take only what you need for today.

**Consider** that we are but one of those at nature's table.

*“And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food. And it was so.”*

*Genesis 1:30*

*“So do not worry about tomorrow, for tomorrow will bring worries of its own.”*

*Matthew 6:34*

### **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:

- Fields of golden stubble
- Harebells
- The sky through a canopy
- Fresh rain and a cool breeze

*“For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”*

*Luke 11:10*

**Make a simple, slow loaf of bread.** Sour dough bread need only be flour and water, though salt is often added for flavour.

Begin with one measure of plain flour to two measures of water mixed together.

Each day feed the mixture with a little flour and a little water.

When it starts to grow and bubble add enough water and flour to make a soft pliable dough. This should be around half the size of your baked loaf.

Mix and leave it overnight.

The next day knead the dough on a floured surface. Shape and place it in a proving basket or floured tin. Leave to rise. Bake in the middle of a hot oven until hollow when tapped. Around an hour for a large 2lb loaf.

Try adding nuts, seeds or bilberries.