

*“The light shines in the darkness, and  
the darkness did not overcome it.”*

*John 1.5*

*Cradled in candlelight  
Encouraged by birdsong  
Anticipating the light to come*

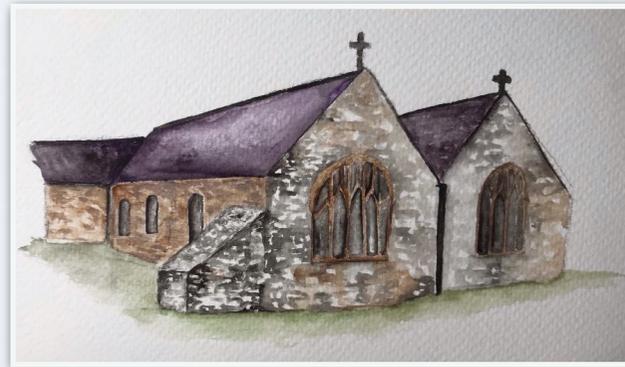
Use the wisdom of winter time to learn well how to watch and wait during Advent. To celebrate the gifts of birth and life at Christmas. To wonder at the stillness as the light of Epiphany dawns.

### Observe

- Animal and bird behaviour
- The turn of the earth to the sun
- The wind in leafless trees
- What is still green
- How much colour remains
- The all encompassing darkness

### Pilgrim Places

- Tudweiliog - Cwyfan's Well
- Llanasa (Kentigern)
- St. Asaph (Kentigern)



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.*



## Winter Solstice

*The shortest day*

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

*Kentigern, Tudwal,  
Christmas, Epiphany,  
Stillness, Gift,  
Plygain, Wintering.*



**Look out for Mistletoe**

*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.

**Explore** places where summer growth has died back for the winter. Walk paths that have become open once again.

**Offer** yourself to another as a companion on the way. Carry each other. Walk to the turn of the earth in the meagre hours of light.

**Dwell** in the company of brightness. Warm to winter's shrouded colours.

**Cherish** the days when the light of winter is at its best and the darkness allows us to search the skies above.

*“When I thought, “My foot is slipping,”  
your steadfast love, O Lord, held me up.”*  
*Psalm 94.18*

*“When the cares of my heart are many,  
your consolations cheer my soul.”*  
*Psalm 94.19*

### **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?

### **Gifts for the earth**

- Lighter footprints
- Travel slowly
- Food for the birds
- Create habitats for bugs
- Don't 'tidy' till the spring
- Leave water for animal visitors

*“In his hand is the life of every living  
thing and the breath of every human  
being.”*  
*Job 12.10*

**Make a wreath of Ivy and Holly.** Plait fronds of Ivy into a circle and push sprigs of Holly into it. Leave them in places where there is little green.

**Light up windows** with candles to remind ourselves and others that whilst the light is scarce it can still be found. Be the light of a candle for someone - bring gifts of warmth and light to others. Offer hospitality.

**Sing together** in Plygain to warm the heart and cheer the soul.

