



“...Winter has a gift to give. It comes when the sky is clear, the sun is brilliant, the trees are bare, and first snow is yet to come. It is the gift of utter clarity. In winter, one can walk into woods that had been opaque with summer growth only a few months earlier and see the trees clearly, singly and together, and see the ground they are rooted in... Winter clears the landscape, however brutally, giving us a chance to see ourselves and each other more clearly, to see the very ground of our being.” – Parker J. Palmer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 17 11:00 Service: “The Gifts of Winter”	18 Meditate	19 Read a poem about winter	20 Listen to <i>Night (Snow)</i>	21 Watch a sunrise or a sunset 7:00 p.m. Zoom	22 Cook a hot meal of your favorite comfort food	23 Take a walk in nature
24 11:00 Service: “The Joy of Rest”	25 Read an article about winter	26 Light a fire or a candle	27 Enjoy a hot drink	28 Call a friend 7:00 p.m. Zoom	29 Stretch...	30 Unplug from technology
31 11:00 Service: “The Wisdom of Nature”	February 1 “Questions” handout	2 Listen to <i>Variations on the Kanon</i>	3 Spend time in nature	4 Read a poem about winter 7:00 p.m. Zoom	5 Take a hot shower or bath	6 Spend time in silence
7 11:00 Service: “Embracing Our Shadow”	8 Engage in a relaxing/creative activity	9 Practice saying “No”	10 “Embracing Our Shadow” handout	11 Listen to <i>Thanksgiving</i> 7:00 p.m. Zoom	12 Tell someone you love them	13 Take a nap or go to bed early
14 11:00 Service: “The Sounds of Silence”						

How to use this calendar...

1. Each day on your calendar has a suggested practice to support you in embracing the gifts of winter. They correspond with details found on the back of this calendar and a sticker to be placed in your Passport as you journey.
2. There is also room in your Passport to journal about your experience of the practice.
3. We will be scheduling Wednesday evening Zoom meetings as opportunities for you to discuss Rev. Pat’s Sunday talk and your experience with those sharing your journey through winter.

Gifts of Winter Practices

January 18: Winter is a time of stillness and reflection. Take time today to meditate.

January 19: Read this poem about winter: The Winter Woods by Parker J. Palmer (<https://onbeing.org/blog/parkerpalmer-seeing-beneath-the-broken-surface/>)

January 20: Emulate the quiet of winter – cultivate the art of listening... listen to *Night (Snow)* from George Winston's album, *December*. (<https://www.youtube.com/watch?v=f5qGUhWPI6w>)

January 21: In the natural world, nature is quiet in winter... take time to watch an entire sunrise or sunset.

January 22: Nourish yourself this season, focusing on hot foods that warm you from the inside out. Cook a hot meal of your favorite comfort foods.

January 23: Take a slow stroll in nature, observing what shows up on your path.

January 25: Read this article about winter's element, Water: <http://www.traditional-acupuncture.com/articles/water.pdf>

January 26: Warm yourself by a fire or a candle(s). Sit quietly and reflect on the flames.

January 27: Make yourself a cup of something warm – coffee, tea or hot chocolate, for example – and take your time sipping slowly and enjoying.

January 28: Winter is a time to slow down and reconnect. Take time today to call a friend and breathe into the conversation.

January 29: Stretch... with yoga, tai chi, or simply reaching high above your head. Move slowly and deliberately, honoring your body.

January 30: Rest your senses and input overload. Unplug from all technology for a day, or even a couple of hours.

February 1: Contemplate and journal on “Questions To Ask Yourself In Winter.”

February 2: Listen to *Variations on the Kanon* from George Winston's album, *December*.

February 3: Spend time in nature... journal your observations.

February 4: Choose a poem from this selection and reflect/ journal about your choice:

<https://www.panmacmillan.com/blogs/literary/winter-poems-poetry-snow-frost-rossetti-poe>

February 5: Winter's element is water... take a long hot shower or a warm, soaking bath.

February 6: Spend time in silence today... like the sap returning to the roots of the tree, allow yourself to rest in the quiet.

February 8: Engage in a relaxing/creative activity... read a book, work on a puzzle, knit, crochet...enjoy.

February 9: Winter is the time to conserve energy... practice saying “No” to things that tire you out, expend reserves or cause anxiety.

February 10: Read handout on “Embracing the Gifts of Our Shadow,” journal on the questions as you feel led.

February 11: Listen to George Winston's *Thanksgiving* from the album, *December*.

February 12: Tell someone you love them.

February 13: Winter is a time to rest deeply... take a nap today, or go to bed early.

With gratitude for resources provided by Becky Thoroughgood, L.