

Greetings dear friends,

I'm excited to be sitting around a warm fire with you during the very special energies of the Winter Solstice.

It's the perfect time to consider the gifts that change offers to us, as we reflect on the first half of the year, and prepare for the remaining half.

For our outline solstice ceremony, please have a candle and lighter with you, as well as your thoughts about what changes you wish to see in the latter part of 2022.

You may also like to prepare a simple altar to honour the four winds and the four elements.

Suggested items:

Water in the west - Small bowl of water,

Air in the East - a feather or incense burning

Earth in the South - a crystal or stone or plant

Fire in the North - small candle

Blessings from my heart to yours,

Annwyn