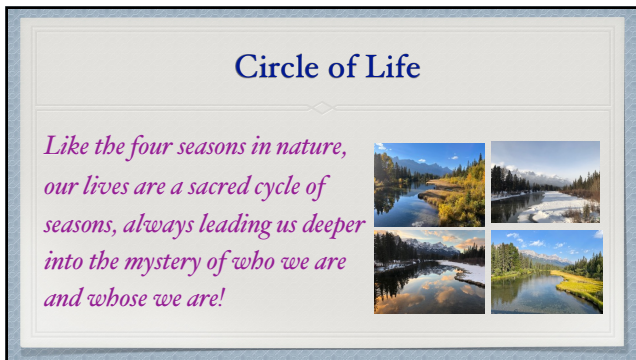




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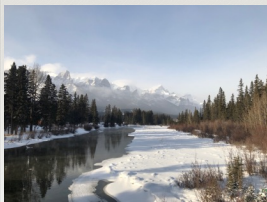
An ongoing cycle ...

Listen, what is winter's stillness teaching you?



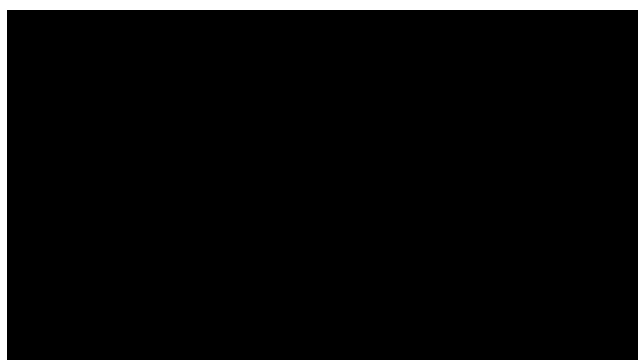
4

Encountering Silence



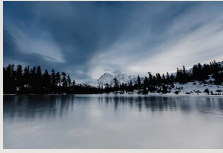
Settle in and relax
Take some deep breaths
Be present in this moment
Enjoy a 4-minute video
Enter 10 minutes of silence

5



6

Checking in - How are things?



*Insights
Gleanings
Questions
Feedback*

7

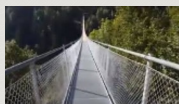
Season of Darkness

*"All the darkness in the world cannot extinguish the light of a single candle."
—St. Francis of Assisi*

8

A Liminal Space

An in-between time of waiting and not knowing



The Neutral Zone

9

Winter Darkness and the Light

"If you have ever had occasion to be out early in the morning before dawn breaks, you will have noticed that the darkest time of night is immediately before dawn. The darkness deepens and becomes more anonymous. If you had never been to the world and never known what a day was, you couldn't possibly imagine how the darkness breaks, how the mystery and color of a new day arrive." (John O'Donohue, Anam Cara)

10

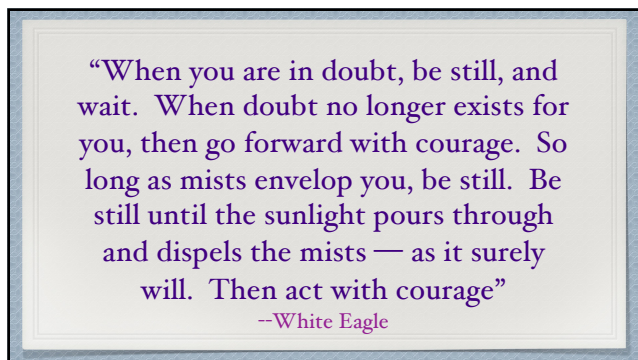


11

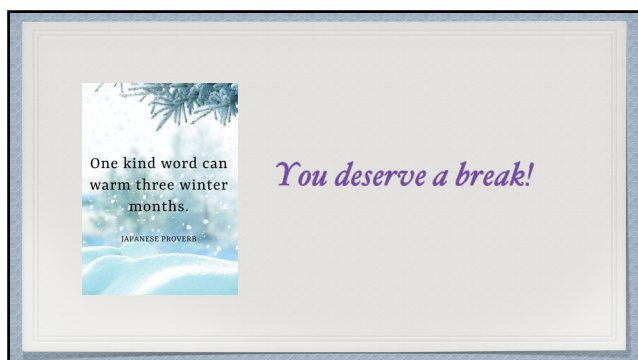
REFLECTING

- How do you relate to John O'Donohue's description of winter?
- Describe what the season of winter is like for you.
- What image comes to mind for you for the season of winter in your own life?

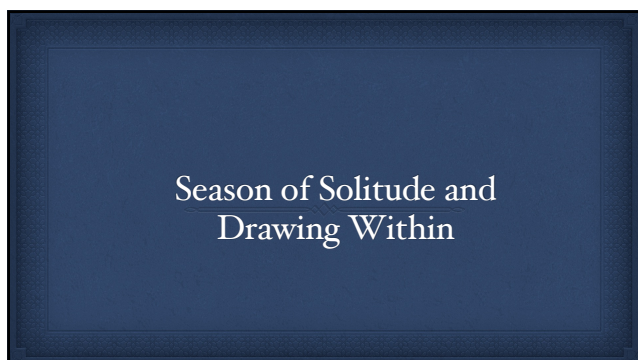
12



13



14



15

The Season of Winter

The darkness of winter beckons us to withdraw within where we can warm our hearts and our spirits with some quiet reflection and stillness. Everything about winter speaks to this. The white snow covers the ground like a blanket. At times it sparkles in the sun inviting us to savour the beauty of this barren landscape. At other times, a violent storm causes us to draw the curtains, snuggle under a blanket and huddle near the fire until the storm passes. Listen to the winter in your own life.

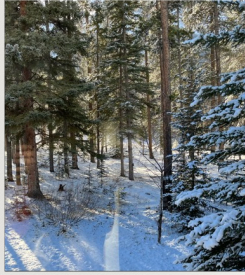
What is it teaching you? *Debbie Doornbos*

16

Winter

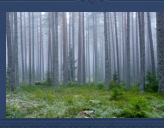
A Time To Just Be

"Be Still and know that I am God."
Psalm 46:10



17

Death is a stripping away
of all that is not you.
The secret of life
is to "die before you die"
and find that there is
no death.
—Eckhart Tolle



18

Another perspective


“Yet, when we understand winter
in the natural world,
we realize that what we
see out there
is not death
so much as dormancy ...”

—A Hidden Wholeness, Parker Palmer

19

Reflection

1. What longing is within you?
2. What is lying dormant waiting for new life?
3. How do you navigate the dark times?



20

“The future is not some place we are
going, but one we are creating. The
paths are not to be found, but made.
And the activity of making them
changes both the maker and
their destination.”

—John Schaar

21

Small Group Sharing

1. What is emerging within you today?
2. What would you like to share?



22

Large Group Sharing



- What are you
- hearing
 - learning
 - discovering?

23

Suggested Stillness Activities


- | | |
|--------------------|-------------------------|
| Walking meditation | Time with the Psalms |
| Labyrinth walk | Nature quest |
| Mandala coloring | Reading inspiring books |
| Centering Prayer | Journaling |
| Guided Meditation | |

24

All Things Are Passing
Seven Sacred Pauses (Macrina Wiederkehr)

Put everything in order as day begins to fade.
All things are passing,
moment by moment, breath by breath.
All things are passing,
moment by moment, birth to death.
Take off your cloak of fear.
The divine strength you seek is here.
And you know you are dying to live.
So put everything in order as day begins to fade.

25



The light of winter
is the poetry
of patience.

Closing

26
