

Thyme & Space at Plot 22 – Friday 4th January 2019

Who came:

4 guest participants Alison, Rita and Maz from Plot 22



Gardening:

The energy was there for doing big jobs such as pruning and wood stacking at the front of the plot.

The tasks undertaken were:

- ❖ Pruning the buddleia and spirea
- ❖ Digging out brambles at the entrance
- ❖ Planting the entrance with ferns and primulas
- ❖ Making kindling from the prunings
- ❖ Sorting, stacking firewood and stocking up the buckets to dry out under the shelter of the dining area

The entrance looks significantly more welcoming as a result.



The day: it was a bright, beautiful yet cold day. We made sure that we didn't get cold and the fire was lit in the hut so we could go in for a warm up.

We learnt through experience to light the fire circle wood earlier as it was a bit smoky to start but we just moved our seats for the joining session. Later, we had beautiful flames and the wood giving its energy to heat the washing-up water.

Feelings: we began with a seasonal meditation for January. The words we found at the beginning and end of the session to express how we were :
Knackered>satisfied
Pleased to be here, tired>calm
Nervous to come, happy to be outside>Relaxed
Terrified, happy to be here>serene
Mixed>peaceful
Little anxious>appreciated
Low, struggle to get out and get here> tired, pleased I came



Sustenance: We mulled apple juice to eat with decorated panettone. Lunch was a bean and vegetable stew that where we added kale from the plot. We had homemade caramelized onion hummus with bread.