

blooming news
winter solstice 2021

Each of us brings special gifts, and we
bring them all year long.



(belatedly) recognizing some important dates during the
holidays

Bodhi Day	Dec 8
National Maple Syrup Day	Dec 17
Hanukkah	Dec 18
Winter Solstice	Dec 21
Christmas	Dec 25
Kwanzaa	Dec 26 – Jan 1
New Years Day	Dec 1
Lunar New Year	Feb 1



thank yous to:

Frances

Jen

Jim

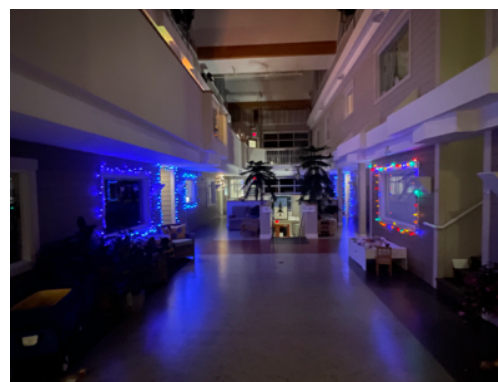
Julia

Kathryn

Mia

Millie

Tim



The many health benefits of TAI chi are all long term over a lifetime. Inspiring to see these women practice every few days. I think Tai Chi was started during COVID. Out of every challenge in life, new growth seems to find a little place to blossom.
from Mia





Linda Broyman, a biologist with the Nanaimo and Area Land Trust toured our property and passed on suggestions for keeping the east side of our property a healthy, natural wildlife habitat. Here, she is explaining the importance of the ephemeral pond on top of the riverbank as a frog habitat. It's an ideal habitat for the Red-Legged Frog which is a Blue-listed (vulnerable) species.



from Jim



BRENE Browne is my inspiration, when listening to her entertaining YouTube videos. Her latest amazing book Atlas of the Heart talks about how all relate to the world around us with three basic emotions, happy, sad and angry . She has 86 nuances on our emotions. She claims we have a better emotional life and happier connections if we have the language . This is a must read for an eye opener start to your emotional well being.

from Mia



Forgiveness

May I be forgiven for all my imperfections and all my wrong-doings of thought, speech and action.

Whatever I have done to hurt or offend another being, whether intentionally or unintentionally, may I be forgiven for that.

I freely forgive all those who knowingly or unknowingly have caused pain, isolation or separation in me.

May all beings be forgiven for all their imperfections and all their wrong-doings of thought, word, or action.

Whatever any being has done to hurt or offend another, willingly or unwillingly, knowingly or unknowingly, may they be forgiven for that.

Loving Kindness

May I be happy. May I be peaceful.

May I be free from all kinds of affliction, calamity, anxiety, worry or depression.

May I be protected from danger.

May I be healed from disease; curable or incurable, physical, mental or emotional.

May I be relieved from the ills of life and therefore from suffering.

As I am, so are they. All those near or far. All those above, below and across. All those who are seen or unseen. All those who are known or unknown, including all those in all different planes of existence.

May all beings be happy. May all beings be peaceful.

May all beings be free from jealousy, enmity, frustration, confusion or oppression.

May all beings be protected from any kind of danger.

May all beings be healed from any kind of disease; known or unknown, curable or incurable, physical, mental, or emotional.



As I am, so are they. All those near or far. All those above, below and across. All those who are seen or unseen. All those who are known or unknown, including all those in all different planes of existence.

May all beings be happy. May all beings be peaceful.

May all beings be free from jealousy, enmity, frustration, confusion or oppression.

May all beings be protected from any kind of danger.

May all beings be healed from any kind of disease; known or unknown, curable or incurable, physical, mental, or emotional.

May all beings be relieved from the vicissitudes of life, and therefore from dissatisfactoriness.

May all beings be happy and secure always and in every way.

May all beings be happy. May all beings be peaceful. May all beings be liberated.



When I was a child, there was much excitement about getting the Christmas tree. That was long ago, and most people found a place where they could chop down a tree to bring home and decorate. That was a wonderful seasonal adventure.

Years later, with a child of our own, the tradition continued. In mid-December, we went out with friends to find a tree, but by this time we were very aware that we should be selective about it and only take a tree that seemed to be crowding a stronger one. As a result we have rather crooked little trees until one year our daughter asked if we could, please, just have a proper tree. “One that doesn’t look like it came out of *How the Grinch Stole Christmas*.” For a while after that we bought cut trees and, after our daughter left home, we bought small potted trees to decorate and planted them outside at the end of a season. We felt good to see them growing, year after year.

Trees have long been symbolic for humankind: The Tree of Life, the Tree of Knowledge, the tree as a symbol of spirituality, interconnection, transformation and rebirth. Recently, we hear a lot about the tree as symbolizing the web of relationship. Suzanne Simard, the author of the best-selling book, *The Mother Tree*, says that trees are “the glue that holds the forest together.”

from a blog by Nanaimo's own Carol Matthews:





The practice of bringing evergreens in the home goes back hundreds of years. Egyptians, Romans, Celts and Vikings liked to bring various green plants and evergreens into their homes at the time of the winter solstice, in some cases to keep away evil spirits and illness and in others to celebrate new seasons, new growth and life over death. But the practice of chopping a tree down and bringing it inside a house to cover it with decoration is a relatively recent practice which became popular in the Victorian period. It's an odd thing to do when you consider how trees have supported and strengthened humans, physically and spiritually, for centuries.

I'm wondering if now might be the time for humans to pay more attention to supporting the trees. Specifically, I'm thinking about Wildwood, the 77-acre ecoforest in Yellowpoint which lies within the traditional territories of the Stz'uminus and Snuneymuxw Coast Salish First Nations. Right now the society wants to purchase the 6 remaining acres that will complete the Wildwood property. These 6 acres are home to 35 Mother Trees (250 years or older) and about 45 Soon-to-be-Mother Trees (80 to 100 years). Your contribution will help to keep these magnificent trees safe in perpetuity.

Read about it here: <https://www.ecoforestry.ca/>

Supporting the trees to concentrate on keeping trees alive in order to hold the forests together and help us fight climate change Might this not be the best gift you can give to your friends, family and community?