

Opening to the Light: Celebrating the Winter Solstice:

Dharma Talks:

[Practicing at the Winter Solstice: Embracing the Dark, Inviting the Light](#)

[Donald Rothberg](#) Explores five key ways to be with and embrace the darkness of this time, and to come to know how being with the darkness is generative and brings light.

[Winter Solstice and Holidays: A Time to Keep the Heart Open](#)

[James Baraz](#) Reflects on the heart practices of gratitude, forgiveness and love that help us stay connected to the light inside and around us.

Article on Winter Solstice:

[Starting Over, Again](#) (Tricycle, December 21, 2017) A reminder to let go of everything and begin again.

Dana:

If you wish to offer Dana to Robert please do so by:

- leaving cash in the offering basket at the Saturday sit
- Online: www.robertbeatty.com/donate
- Sending a cheque payable to: Robert Beatty - c/o PIMC, 6536 Duke St, Portland, OR 97206, USA