

December 21, 2022



Winter Solstice is upon us once again, and its arrival may give us the impression that things are going too fast, and the world seems to be spinning out of control as it becomes more complex and worrisome. It is cold and dark.

We celebrate the shortest day and its darkness, and cultivate reflections about life and its struggles. To honour Solstice is to be reminded that the cycle of life repeats. It is a hopeful time as it ushers in the light once again.

Paying attention to the natural cycle can anchor us and make us feel connected to the Earth. On this Solstice, think back to the last winter Solstice, review the year, where were you at Spring Equinox, Summer Solstice, Fall Equinox? This is a time to assess, discard what's unneeded, and formulate intentions about your life, projects, desires.

Folks the world over celebrate Solstice in different ways. Trees and wreaths are used to honour the earth, having a fire or burning candles represents the advent of the light and warmth. There is usually a focus on homemade things like decorations and food. People celebrate together and feast. But many also fit in a quiet time of reflection.

On this Solstice, take a moment to be outdoors, notice the trees and the birds, and be reminded that we are all related. Light some candles to honour the coming of light. Make a point of reminding yourself and those around you that it is the shortest day of the year and that it represents the cycle of life and death. Or you can go all out, and have an altar with homemade things, candles, and natural articles such as pinecones

or stones. Burn some incense, craft an intention for your life and projects, celebrate with family and friends, and have a feast.

This is a time to remember that we are all connected. As union members, it is an opportunity to remind ourselves of this, and to commit to unity and solidarity in our work to advance the struggle for justice for all.

If you want to learn more about Winter Solstice, here is some reading:

- ❖ 7 Winter Solstice Celebrations from around the World. <https://www.britannica.com/list/7-winter-solstice-celebrations-from-around-the-world>
- ❖ How to Celebrate the Winter Solstice. <https://www.moothermag.com/how-to-celebrate-the-winter-solstice/>

CUPW wishes all the members of the Union and their families, a Happy Solstice!

Solidarity,



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1st National Vice-President

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