



Resource

MINI PILGRIMS Sharing Together

The Mini Pilgrims Group 4th Sunday Adventures spent a rather soggy morning walking to Sandwick Bay round Hallin Fell near Ullswater which culminated in sharing a meal together. Eating together unites people, a space for re-connection and first connections. This activity explores the interconnectedness of eating together and nature's provision, how sharing a meal together creates a space where all can gather and connect with one another.

There is parking at St. Peter's Church Martindale (Grid Reference: NY 43600 19182, nearest postcode: CA10 2NF) or park near Sandwick. For reference see: Ordnance Survey Explorer Map OL5 The English Lakes North East.

I wonder who you would like to (re-)connect with over a meal? From history or the present.

Nature persistently invites us to share a meal - almost all our food is grown or nurtured by our natural environment. We often consume without thinking where it originated, thinking we produced or provided the meal, when actually it was a gift from nature.



We do these 4th Sunday Adventures looking to connect with one another and that which we encounter in the wild places of the fells. It's a little abstract, but consider that maybe the 'other' that we encounter in the fells is also persistently inviting us to a meal by providing the food, eager to (re-)connect with us.

I wonder how your mealtimes would change by acknowledging nature's gift, by expressing some sort of gratitude for the gift and remembering the interconnectedness of nature and ourselves.

You should ask people to dress appropriately for the time of year and wear suitable walking footwear. Wet wipes and a hand sanitiser are also advised. You will also need to take food with you to share. If you are going to be cooking please ensure you take the relevant equipment, risk assess accordingly, and that those cooking have Food Hygiene certificates. Don't forget to take all your rubbish with you when you leave.

This activity can be done on any walk. It is not reliant on a particular environment.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.