



GRUMPS & GRATITUDES ACTIVITY

The Autumn Equinox is a time of True Balance, within and without. As we come to the season when the dark chases the light, we dedicate important consideration to offering Gratitude, or Blessings, as well as Banishing the grievances and difficulties of the passing year.

This does not mean that we expect something for nothing. Ours, and many other communities are filled with folks who share a determination to balance past ills, whether these are collective, personal, global or environmental.

GRUMPS

Your Grumps may be banished or released in a number of ways. Beginning on September 16:

1. **Visit the Fire Circle at the Crossroads** (an ancient and traditional village center of the world) of the Four-Way Stop.
 - a. Place you grumps inside or on the Great Grump effigy, resting in-state at the Vinotok Fire Circle and Outdoor Harvest Temple.
 - b. Or, drop them in our Community Grump Box.

Grumps will be held safely and treated with reverence and great care. Be assured that all community Grumps will be committed safely to be banished and transformed.

2. **Personally dispose of your Grumps** in a safe manner—depending upon Fire Restrictions—by burning them at home in an approved outdoor cauldron or out camping. You can also identify a special place at your home and bury them in the ground; suspend them with natural twine from a special tree in your yard; or tear them into tiny pieces and scatter them in your garden.

GRATITUDES

1. This is our opportunity to offer thanks for all that has supported, grown, healed and protected us and our precious community and valley in the passing year. Write as many as you can think of on several Gratitude slips of paper. Any individual, couple, family, community may share these steps and offer forth the gifting celebration of gratitude.
2. Write your Self Gratitudes honoring your own personal commitment and participation in the past year. Give yourself some gifts of recognition and appreciation. It may seem difficult at first—but appreciation begins with ourselves.
3. Write Gratitudes for others: friends, family, neighbors, the folks you work with and who serve you. Honor those folks who are there for us every day, month-by-month, season-through-season.
4. Deliver these Gratitudes in person, if at all possible. We guarantee that in these challenging times—your offering will lift a heart and honor a spirit.
5. Clothespin these to your own personal Gratitude clothesline. See how many you can fill it with.
6. Carefully tie with biodegradable twine to a tree or bush to create a traditional Wish Tree in a special spot in your yard.
7. Pass them around everywhere. Gratitudes never stop giving!

Be conscious that Vinotok aims to be a green, zero-waste event. When you print these, please use recycled paper—or create your own Grump & Gratitude art.

