

Vernal Equinox
March 18, 2007

9:45-10:00

Women arrive and are greeted by Dorothy and Bonnie who will take their food item and picture and bottle. Placing name on tape on bottom.) Shannon and Julie will take their sit thing and the women will wait in the front area. They will keep their drum/rattle. Pictures will be place on the alter on porch.

10:00 Blessing and entering into the sacred space. (20 minutes) This will take place at the fire circle or if raining in the living area. As women arrive we can begin right away.

One woman at a time will go down the driveway and stop at the bowl of rocks where they will pick up a rock and then go to a second table where they will leave the rock in a bowl along with any thing that may be taking up space; thereby fully freeing up space inside them to take in the gifts of the day. The paper placed by the bowl of rocks says, " *Please choose one of the black rocks. It symbolizes some worry or concern you may want to leave behind before entering the circle. Take a moment to consider what this might be and let it go with love. We want to do this in order to get to a softer place with each of us.* " At the next table, place the rock in the bowl filled with purifying water and proceed to the circle.

They will then find Shannon and Julie at the entrance of the fire pit.

Shannon: Hold the woman's hands and take time to allow her to center. Breath with her. "Welcome. Join us in the great rhythm of life. As Mother awakens in spring, so do you. Close your eyes and Breathe in the lushness of your aliveness, your power and vitality.

Julie: While anointing woman with water: "Know that your own body holds all the wisdom of the earth. You and she are always connected." Join us as we cultivate our Joy!

Women enter into the circle and begin drumming.

10:20ish **Four Directions-** Bonnie See attached sheet.

Joyfulness: Bonnie will then lead them into considering what are some of the things that bring them Joy and to say that out loud using only a few words. As the talking stick is passed to each woman she will tie a ribbon on to it after she speaks of her joy.

Spring Walk: Shannon: I will then lead them from the fire pit and invite them to walk quietly while meditating on mother earth in all her spring glory. Listen to the sounds of spring and breath in her sweetness. As we arrive to the top I ask them to and pick a seat.

10:30 **Brief Vernal Equinox explanation and Poem** Shannon (10 minutes)

10:45 Rampage of Appreciation. Julie 15 minutes. Paper and pens.
Centering and grounding with explanation of the use of appreciation as a way to our JOY! Writing for five minutes and then maybe a closing of all of us speaking out loud our appreciations as we send our voices out to the universe! May stand for this.

11:00 Sacred Woman Vessel 1 hour or 1.5 hours Dorothy
Exercise to represent ourselves and our joy, exuberance, vitality and love of self. A woman vessel honoring the temple of our body and the power of our intentions.

This will involve explanation of the project and also the intention of the Sacred woman vessel. During the process we will be allowed to flow, share, create and Dorothy will at points within the process facilitate opportunities for the women to think about stages of their lives and appreciation of that part of themselves. ie: child, pre adolescent, teen, young woman and now.

Other topics to facilitate may be the experience of joy in our life, appreciation and discovering our childlike exuberance!! I think this process can be allowed to flow and all of us can participate in the facilitation.

There will also be a point where the women are invited to place items, intentions into their sacred woman vessel.

Blessing of our Sacred women vessels: placing them around the altar and singing:

Joy fills every cell in my body
Every cell is alive with love
I relax into into the joyful presence.
I allow spirit to do what it does.

Peace fills every cell in my body
Every cell is alive with love
I relax into the peaceful presence,
I allow spirit to do what it does.

Love fills every cell in my body
Every cell is alive with love
I relax into loving presence,
I allow spirit to do what it does.

Dancing and bubbles? Julie will hand these out and music will be played as we dance around our sacred woman vessel and have fun!
The time frame on this is loose and can be as short as 10 minutes and as long as we want. This allows for the creative process with the Sacred Woman Vessel and opportunity to contemplate our intentions.

Closing

What we still need:

Altar items: flowers(Julie/Shannon)
CDs to dance to-Dorothy/Shannon
Float Candle-Julie/Shannon

Rocks, bowl –Bonnie
Ice Chest-Bonnie
Hard boiled colored eggs-bonnie

Scarves-us
Baskets-us
needle nose cutters-us
needle nose pliers-us

magazines-Dorothy
Blue tape-Dorothy
Song sheet-Dorothy

Paper and pens for Appreciations- Julie
Ice-Julie

EZ up –Shannon

Please choose one of the black rocks.

It symbolizes some worry or concern you may want to leave behind before entering the circle. Take a moment to consider what this might be and let it go with love.

We want to do this in order to get to a softer place within us.

At the next table, place the rock in the bowl filled with purifying water and proceed to the circle.