

Vernal Equinox – 2011

Themes: heal the inner child (3-7 years old); equal balance of light and dark; planting and nurturing our intentions; feel, heal and play.

1. 15 min. Blessing – Flower brushing, Beth will create the blessing. It will cover “heal, feel and play.”
2. 15 min. Invocation - Julie will outline how the 4 elements coordinate with the 4 cups: white, white with red, red with white, red; will incorporate this into the blessing and throughout the ritual; white and purple grape juice; the facilitators will all pour; we may each take one of the toasts; we may still call the four directions or something to that effect to cast the circle.
3. 5 min. Ostara Poem - Marty
4. 5 min. General overview of Vernal Equinox – Beth
5. 30 min. “Feel” – Marty will re introduce the theme of the ritual: of feel, heal and play. She will lead meditation; each woman covers herself with blanket; about healing the inner child; where the playful energy got shut down; **journaling** after meditation.
6. 20 min. “Heal” – Jenny will share about the meaningfulness of the triad; the groups of three are formed by the color of hardboiled egg chosen; Beth will direct the healing groups; each woman taking turns being the mother, father and the child; what affirmations, or words, or touch, or holding needs to happen for the child to heal.
7. 10 min. Song – While in the same groups of three, we will listen to the song “Awakening.” Julie will direct the blowing of the bubbles: blowing out our seeds of healing; reconnect with our playful energy; putting out our hopes and intentions.
8. 15 min. “Play” – Jenny will have us shift to new groups of three and lead us in several kids songs: The More We Get Together We can add play with the scarves and dancing.
9. 60 min. Sharing – Julie will facilitate the sharing of what was meaningful from the celebration; what touched each woman.
10. 60 min. Eating.

Altar: flowers, hard-boiled, colored eggs, kids play things, pictures of us when we were young.

Jenny will provide wine glasses, 2 small pitchers, bubbles, kids’ songs, scarves.

Julie will provide grape juice (white and purple, 1 gallon each).

Beth will provide 2 large pitchers, plastic tarps, flowers.

Marty will provide 1 large pitcher, bubbles.

We all will bring blankets and soft cushioning material, flowers and kid things for the altar.

We will color eggs at Jenny’s one or more days before the ritual.