

IMBOLC Outline 2016-Revised

A. Welcome- Greet at door- *"Welcome to the Feast of Brigid"*- Coats on chairs, purses in office, blankets/journals to rec room

B. Feast-Socialize

C. Blessing- (l.room door-by pairs- *"Spritz- and Anoint"*

"Welcome to Imbolc.. "Allow this lavender mist to cleanse and rejuvenate you...

Let the cedarwood oil remind you to connect yourself to Mother Earth and take in the scents that abound on this winter day."

----- We all gather under the patio, grab an instrument from the basket and walk towards Maypole

D. Directions- a. We read-- Prayer for the Great Family

b. History - Jen

c. Silver ribbon/material to wrap around arm/leg/hair to HEAL

d. Songs—"Healing powers of Water" or "Deep Well"? & walk back to Rec Room

E. Initiation- a. Joy- reads

Imbolc is a time of initiation. Long ago, the new initiates would be brought into the circle to begin their learning. It is both a commitment and an opportunity to partake in earth ceremonies. As a new member, you will learn about sacred rituals and the mysteries of this planet. You will explore your intuition and share your deepest insights. We welcome our initiates and bless them with our loving intentions as they join this sacred circle of women. I now introduce- **Heather, Weezie** (alone or together?)

--**Nan and Jen**- put on their tiaras- -- (joy) *"May you be graced with wisdom, new lessons and adventures as we welcome our opportunities for spiritual growth and change."*-- **Jean**- gives them journal- *"We give you this journal for your reflections this year."*

b. **Nan/Jen- Dance** – instruct women to form lines/circles and have initiates meet/greet each sister with eye gaze and behold the beauty of each other's souls....

Jen says to Nan: *"Nan, I see the light in the depth of your soul"*– Nan says to Jen... *Jen, I see the light in the depth of your soul,*

c. **Song**—We are sisters circling together, We are sisters singing our heartsong

This is family, this is harmony...This is celebration, this is sacred

F. **Meditation**- **Jean**--- We will lay down with blankets and reflect on cleansing at well. Ask Brigit what will nurture the new seed quickening inside you. What gift will Brigit give you (Joy –turn on Fire/Light?) **JOURNAL for 5 minutes**

G. **Sharing**- Joy --2- 3 minutes about meditation experiences, or maypole, what do you wish to come to fruition this year?

H. **Water Ceremonies**- **Nancy**--- Properties of water and effect of positive energy, thoughts/words and electromagnetic field that is held in water molecules....

- Hand out jars...a. our personal energies/ into our own jars—WRITE Word on COASTER

b. group cauldron- support from our sisters/sacred circle

c. Prayer for the Planet—Global Planetary healing – "My hope is

I- The greatest Gifts – As we hold our vessels of water, let us remember what are some of the GREATEST GIFTS we can bestow to Earth and all beings... Pass out papers and EVERYBODY READ TOGETHER

J. Closing- Songs

Welcome to Candlemas- Imbolc

**We honor the return of the light. This day is sacred to BRIGID-
T**

**The celtic Fire Goddess. She is the bright one, who presides over
the world of crops, sacred arts and crafts, livestock and nature.**

**The seeds of winter have laid dormant. The seed will move for the
first time beneath the soil. Remember that you, too, are the seed,
alive, embarking on your journey of growth and aligning with
change. For Mother Earth reminds us of that constant.**

**What is sprouting under the Dark covering blanket of Earth inside
you.**

What is yet to manifest above ground into physical reality?

**AS our circle begins, we invite Brigid to be us. We ask that she
guide us in our new beginnings.. Let her inspire us with the fresh
creativity that she brings to all life.**

Prayer for the Great Family

**Gratitude to Mother Earth, sailing through night and day – and to her soil:
rich, rare and sweet**

In our minds so be it.

**Gratitude to Plants, the sun-facing, light-changing leaf and fine root-
hairs; standing still through wind and rain; their dance is in the flowing spiral
grain**

In our minds so be it.

**Gratitude to Air, bearing the soaring Swift and the silent Owl at dawn.
Breath of our song, clear spirit breeze**

In our minds, so be it.

**Gratitude to Wild Beings, our brothers, teaching secrets, freedoms,
and ways; who share with us their milk; self-complete, brave, and aware**

In our minds, so be it.

**Gratitude to Water: clouds, lakes, rivers, glaciers; holding or releasing;
streaming through all our bodies and salty seas**

In our minds, so be it.

**Gratitude to the Sun: blinding, pulsing light through trunks of trees,
through mists, warming caves where bears and snakes sleep – he who wakes us**

In our minds, so be it.

**Gratitude to the Great Sky: who holds billions of stars – and goes yet
beyond that – beyond all powers, and thoughts, and yet is within us –
Grandfather Space. The Mind is his Wife.**

So be it.

after a Mohawk prayer

~~~Songs for Imbolc 2016 ~~~

Deep Well

Deep well, sweet water
Won't you hear the prayers
Of your sons and daughters
As you swell, go deeper
And wash our tears away
And wash our grief away

The River is Flowing *

The river is flowing,
flowing and growing.
The river is flowing,
Back to the sea.

Mother Earth carry me,
child I will always be.
Mother Earth carry me,
back to the sea!

We All Come From the Goddess

We all come from the Goddess,
And to her we shall return,
Like a drop of water,
Flowing to the ocean

We are Sisters

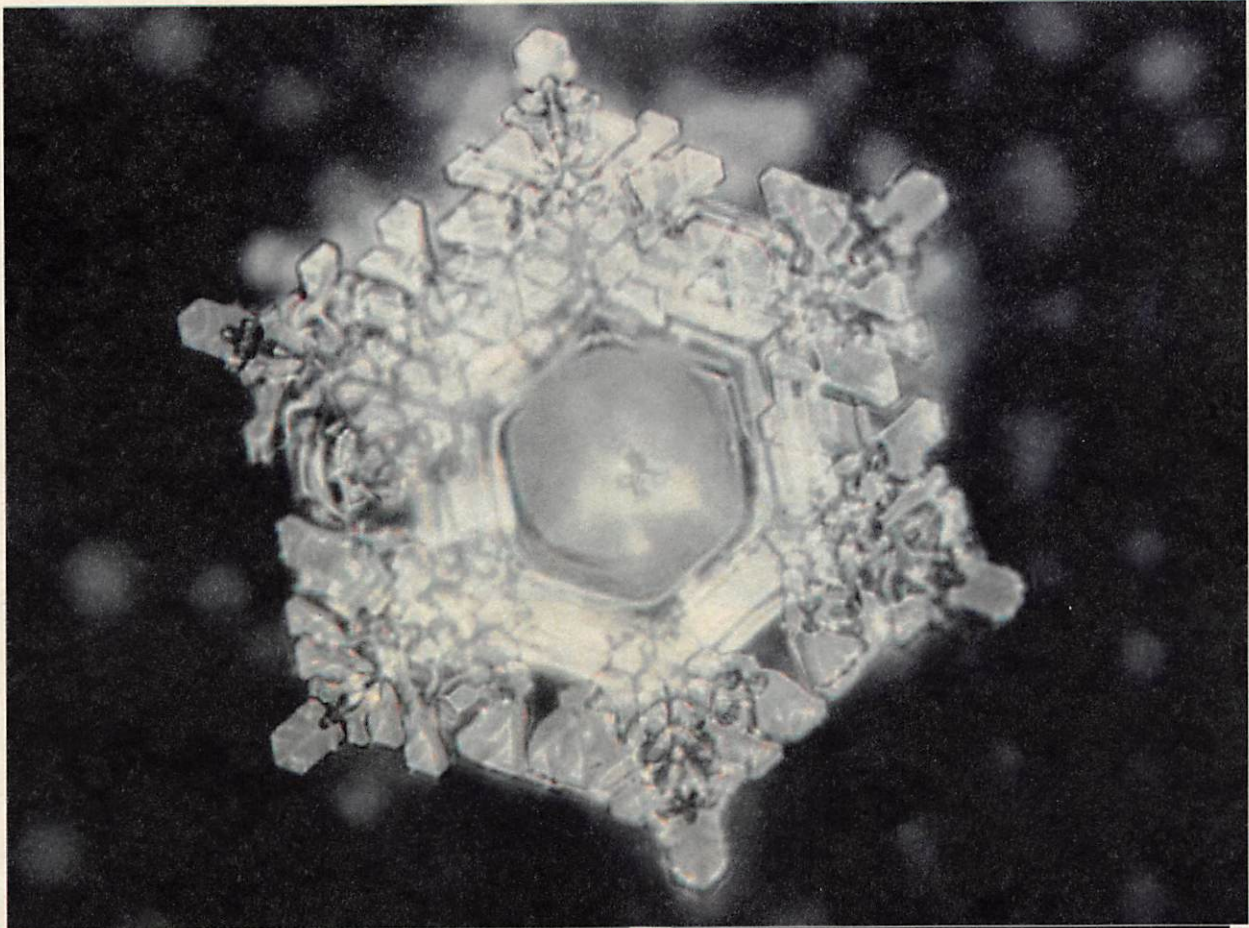
We are sisters circling
together,
We are sisters singing our
heartsong.
This is family, this is
harmony.
This is celebration, this is
sacred.

Born of Water

Born of water,
cleansing, powerful,
healing, changing,
We are!

I See the Light

I see the light, I see the light,
I see the light in the depth of
your soul.
I see eyes that sparkle in the
darkness,
Lighting the way for me,
lighting the way for me.

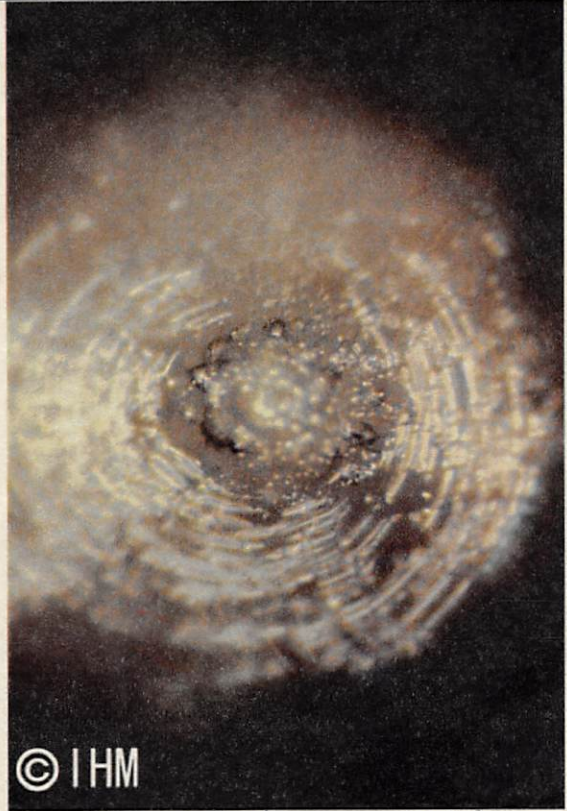


Love &
Gratitude



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Thank You



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You Fool / Heavy Metal
Music

The Greatest Gifts

May we break boundaries, tear down walls, and build foundations of good inside each of us. ★ May we look past differences, gain understanding, and embrace acceptance. ★ May we reach out to each other, rather than resist. ★ May we be better stewards of the earth, protecting, nurturing and replenishing the beauty of nature. ★ May we practice gratitude for all we have, rather than complain about our needs. ★ May we seek care for the sick, help for the hungry, and love for the lonely. ★ May we share our talents, give our time, and teach our children. May we hold hope for the future very tenderly in our hearts and do all we can to build for brighter tomorrows. ★ And may we love with our whole hearts, for that's the only way to love.

