**Ritual-Releasing/Letting Go**: (Using a cauldron with a fire if possible-women have written what they want to release on a piece of paper.)

"This is the night of Solstice, the longest night of the year.  Now darkness triumphs; and yet, gives way and changes into light.  The breath of nature is suspended; all waits while within the cauldron, the darkness is transformed into the infant light.  We watch for the coming of dawn, when the great mother again gives birth to the divine child sun, who i bringer of hope and the promise of summer.  This is the stillness behind motion, when time itself stops; the center which is also the circumference of all.  We are awake in the night.  We turn the wheel to bring the light.  We call the sun from the womb of night.  Blessed be!  Let us cry out that which we wish to release.  We invite you to chant with us and if you feel compelled to speak out that which you wish to release and place your paper in the cauldron.  If you want to keep it private do so and we invite you to place it in the cauldron also.  We will begin and each of you may join when ready."

Leader (s) will say,

"To die and be reborn, the wheel is turning.

What will you release to the night?"

 (Woman states a word, (like fear).

All say, "Fear, fear is released to the night

Fear, fear is released to the night.

 Then repeat... “To die and be reborn…