

Vernal Equinox

6:30 - 7:00 **Feasting:** Talk about the symbology connected with Vernal Equinox and the significance of this time of the year. Explain things on altar. Ellen-mythology (matriarchal & patriarchal, Deanna - symbology (see notes).

7:00-7:30 **Purification:** Light candles, sweet incense, lavender oil & herb, ring bell.
Water cleansing (bowl, towel, pitcher)

Ivy crowns. Think about words for this season, this time

Invocation:

We gather in this circle to welcome the Maiden
The old Mother Goddess shape-shifts once again
And brings us a young and laughing daughter
She returns once more from the darkness
And her sweetness makes us melt with joy
She comes, with fragile buds and green
She comes in beauty, dancing and singing
With fragrant blossoms in her hair
That which was separated has been reunited
That which died is now reborn...

We celebrate at dusk - that time that is not a time, no longer winter and not yet spring and neither night nor day

From this night forward, light will prevail over darkness.

We turn away from darkness. We embrace the light. We find the light within ourselves.

Our Goddess helps us. She is the shade and the brightness, the fire and the ash, the morning and the evening.

She is the Virgin of Light, the Crone of Darkness, the Mother of Time.

She is in our hearts in all seasons of the turning year.

Behold the Goddess is ourselves

Spontaneous Chant: (join hands and close eyes)

Thank you for spring, new life, new light, flowers come, budding, bursting, sunlight warming earth, Lady earth lives, bursting, spring we greet you, softer days

7:30 - 7:55 **Birth Meditation & Affirmations:** (Bradshaw material)
say names of person, assist them up like a newborn
3 groups of 4 and 1 group of 3 (15) 5 minutes each
Grounding

From woman you were born into the world
From women you are born into this circle

7:55 - 8:25 **Sharing:** (focus? rebirth what? childhood memory, meditation experience)

8:25 - 8:40

Playing:

Log Roll
Games

Dancing:

8:40 - 8:50

pantomime the rising of new shoots from earth, and rising of the sun's path
ever higher in the sky. rising shoots, practice balancing

8:50 - 9:00

Sufi dance

9:00 - 9:05

Necklaces

9:05 - 9:20

Communion - bonding women (renewal wish?)

Drink of this sweetness

Let life forces sweep through your veins

Juice of the goddess from the body of the goddess

Eat of her body, the blessed sustenance of grain

Be strong and grow as Persephone has grown up from the Earth

9:20 - 9:30

Closure - grounding

We are daughters of our mothers

We are mothers of our daughters

We are sisters, we are lovers

We are friends and good grandmothers

We are women like a river

Flowing on forever and ever...

May the circle be open but never...

Homework

creating & mending bonds among women

Altar

green & yellow candles

dirt and ice cube (mud)

fetus picture

flowers

sweet liquor

eggs, basket

buds

Materials

candles & holders

altar cloth

water pitcher, bowl & towel

incense, matches

15 ivy crowns

herb & potpourri burner

Bradshaw affirmations, stuffed animals

time keeping device

cassette player & tapes

food (egg dishes, sprouts, grain-Kore)

wine, goblet, bread

beads