History of Lammas (From the 1996 Ritual)

Lammas means "Feast of Bread" or in Old English "Loaf Mass"

It relates to first harvest, the fertile harvest that assures life's survival. It's the time of some uncertainty because the harvests still to come are vulnerable to weather and change. But it is the time of great joyfulness to celebrate the bounty of the season. Communities used this celebration to gather together. Harvesting can mean great physical work which brings about rewards for all. This is a time of oneness with your community.

There is a focus on things to come, waiting, changing and it’s a time to meditate on the prosperity in our lives.

Maturing, ageing, experience and growing wisdoms are all attributes of this time in our lives. The grapes change into wine, the grain into bread.

Lammas is connected to the movement of souls between the worlds. Persephone enters the labyrinth and Demeter stops life blooming.

It's the time when we begin to turn inward once again.

We celebrate the heat of the waxing sun as we approach her sign, Leo.

As we focus on our prosperity and the abundance in our lives, we must also come to terms with the different levels of privilege that still exist in the world. It's a time to send energy and support to those who have less that we do.

It is also a time to let our child self-emerge. To honor our kinship with nature and to honor our totem animal guides.