Lammas 1996

(SIGN AT ENTRANCE: What have you harvested for yourself? What will you do with the fruit of your harvest?)

(Women enter and walk down steps in silence; deposit food on table; set down instrument, pillows/towels around outside of circle)

(Debby meets them at the top of the steps with welcome and directions to table and invites them to listen to the wisdom to the river; Laurie and Shirley bless them at the entrance to the circle)

Laurie and Shirley bless each other and sit and we begin to drum.

7:10: Invocation of the circle: “What is this Night?”

7:20: Communion

Pass Lammas Bread Woman (each breaking off a piece):

Our fore-mothers regarded grain as a Holy Mystery because it is both seed and edible fruit at the same time. It was thought to contain all three aspects of the Goddess: Virgin (child of the earth; fruit), Mother (life-giving, fertile food spirit), and Crone (withered plant, gone to seed, ready for retirement to the underworld and later resurrection).

"This communion represents our oneness to all. As the flesh of the grain is taken within us we honor our oneness with each other and we are also internalizing the spirit of life that brought forth this fruit. As the goddess surrounds us, so is it within us - We are one with the source of life."

Pass the fruit of the vine (blessing of the fruit):

This juice represents the waters of the earth that sustains and nourishes all lite. The waters rise from the heart of the mother; It brings to the seeds the nutrients necessary tor growth. From that first moment when the spark of our lives began cradled in the waters of our mother's wombs we began a cycle of cleansing and regeneration within our bodies. This life sustaining ritual maintains our harmony and balance as we walk upon this earth.

The grapes from which this juice was made have traveled the same journey as ourselves. From a seed nestled in the womb of the mother to its vine-body which received nourishment from the same waters we do; it's labors of growth bear fruit which fill to bursting with the sweetness of life; soon to return as seeds and to begin the cycle of life again. Blessed is this juice, we honor the mother for her gifts to us.

7:30 So, let's feast (while eating share the history of Lammas)

History of Lammas

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.

See notes from the little booklet "Your Daily Bread"

7:50: (LAURIE) NATURE WALK WITH ANIMAL SPIRITS

WE WISH TO HONOR OUR ANIMAL SPIRIT GUIDES AND ASK THAT THEY BE WITH US TONIGHT. WE OPEN OUR HEARTS TO ANY MESSAGES THEY COULD GIVE US.

We will each take a silent meditation walk -for about 15 minutes allowing our animal spirit to teach us what we need to know right now. During that time notice a special rock and bring it to you. You'll hear a bell ring after 15 minutes letting you know it's time to return to the circle. There will be paints available to use on your rock symbolizing your animal spirit or the message you have received from it. Please paint in silence.

7:55: Chant then walk

8:15: Painting Rocks

8:30: Berry Gathering (Light torches)

"Take a moment to think back to Candlemas and what you asked to bring into your life this year. As you gather each berry name the bounty you wish to acknowledge that you have in your life right now. You may want to pick some that represent things that will be harvested soon also. Return to the circle (we have lots more already gathered in this bowl) We will paint each other with the juice of the berries. If there is an area on your body that you want to bring light to, tell your painter what you want. We are adorning ourselves with the fruit of our labors.

Grab a drum or rattle and begin drumming. Each woman will light a candle (we will drum softly then) and she will name that which she honors in her life and gives thanks for.

We will repeat it in joyfulness, then repeat the process for each sister.

9:20: Jump in the River

9:30: Sing: “Earth My Body”, then closing song