

VERNAL EQUINOX 1996

I. ENTRANCE

basket Ladies arrive at porch and draw something alive with chalk on the driveway.

tape,pen Put their names on the back of the picture of whom will greet them & put in basket.

Deanna Ladies are saged and allowed to enter one at a time into ceremony

Deborah Ladies - put food in kitchen/baby picture on altar/flowers & candles wherever

II. SACRED SPACE - DRUMMING

Ladies start to drum whenever they arrive & sit down

III. VERNAL EQUINOX - WELCOME

Deborah Themes of Vernal Equinox

Deanna Symbology of Vernal Equinox

Where we've been (Candlemas & affirmation)

Where we're going (Beltaine)

IV. BIRTH CANAL - Time to be Born

WHY? Reborn. What are your hope and dreams fro your life?

Deborah LOGISTICS: One of you will go into the womb and meditate. After the first person begins the person closest to the womb will be the next to enter the womb later on. In the womb you will hear the heart beat of the source and your sisters. When you hear the drumming begin after you have been in the womb awhile you will know it is time to be born. Leave the womb and move through the canal into the light of your new life. You will be greeted into your new life with love.

Those outside the womb will form a birth canal and when our sister has passed through the birth canal the drumming will stop and we will all gather around our baby and greet her with beautiful, positive affirmations. For example: *I'm glad you were born. You deserve to be born. You're beautiful in every way. We've looked f forward to your birth. I'm glad you're a girl. You don't have to hurry.* If you were the woman closest to the canal and our baby passed through you first once she has you will go back and enter the womb while we greet our baby. After nurturing and helping our baby into life the drumming will begin again and we will become the birth canal again for our next baby. If you have already been born you will stand nearest the altar. In this way we will continue.

V. CIRCLE

Gather, Stand, Hold Hands, Sing: Love Love Love (Pg. 207)

Deborah VI. YOU'RE CHILD'S ALIVE - FACE PAINTING

Time to play. Find a partner and paint each other up.

VII. THE EGG HUNT

Deanna You're going to go on an Vernal Equinox egg hunt. You need to find two eggs. One egg wrapped in purple. This contains a message from your adult self. And an egg

wrapped in pink. This contains a message from your child self. Do not unwrap the eggs but bring them back inside to the circle.

VIII. THE WRITING PROCESS

Deanna

You will now open up your egg wrapped in purple. In it contains a message from you adult self. After you have unwrapped it. Pick up a pen and write about what the message within the egg you found means to you. Everything it means to you as an adult. the good and the bad. Express with as much honesty as you can everything you feel about it.

Now open your other egg in pink. This is a message from your Child Within. What is she saying to you. Let your child respond to your adult. Pick up your pen again and switch hands. Write on the left side of your paper with your non-dominant hand. You Child Within will speak to you.

For us to be fully human, the Child Within must be embraced and expressed.

IX. SHARING - WRITING/EXPERIENCE

X. MEDICINE POUCHES - Flower buds/Egg Shells
To remind you of your birth

XI. CLOSURE - " MAY THE CIRCLE BE OPEN..."

XII. FEASTING

Symbology

Themes:

Time of day-dusk or sunrise (Spring at 6:15pm monday)

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

Put winter behind us & look forward to the light
birth/rebirth

Festival of Freshness

night of balancing - Light and Dark balanced - light will prevail

Innocence of childhood (games, birth)

warming of earth

reunion of mother and daughter

resurrection of the light of the world

physical birth (spiritual birth at Winter solstice)

bursting forth

play - childlike, laughter healing a laughter starved world

spring altar - with 4 directions with flowers (east/white, south yellow, west/blue,

north/green)

Mud

symbol of early spring, which is mud time in Northern temperate climates

Mud came from same root word as *mother* because the womb of the Goddess who gave birth to the universe was sometimes viewed as a primal soup of the female elements, earth and water.

Planting

physical & psychic

Eggs

The Egg - the golden orb of its yolk represents the Sun God, its white shell is seen as the White Goddess, and the whole is a symbol of rebirth. The egg production of domestic fowl begins when the retina of a hen's eye is stimulated by more than 12 hours of light of day. This connection between eggs and the shift of balance from darkness to light at Vernal Equinox.

Easter Egg Hunt - Eggs laid by many different birds were welcomed dietary supplement to early hunter/gatherers after the sparseness of winter. Gathering of the variety of eggs for food

Easter baskets - bird nests, weaving baskets watching birds weave nests

Dying the eggs - eggs of wild birds gathered were various pastel colors

soft orange - onion skins (more skins darker rust)

sunny yellow - 1/2 tsp. tumeric

pink - beet juice & vinegar

blue - vinegar & red cabbage boiling & left over night

AFFIRMATIONS - INFANCY

I'm glad you were born.

You deserve to be born.

You were courageous - you wanted to live.

I want you to live.

You're beautiful in every way.

We've looked forward to your birth

We've prepared a special place for you.

I like to look at you and see how perfect your body is and how special you are.

I'm glad you're a boy/girl.

I love you.

I enjoy being with you.

I enjoy holding you and rocking you and feeding you.

You are fun to play with.

I love the special time we have together.

I love it that you're growing every day and that you're changing all the time.

You'll have all the time you need to be a child.

You don't have to hurry.

I'll take care of you.