Lammas Celebration 2006

Team: Patti, Weezie (and a little help from our friends©)

THE SETUP

4 spaces are prepared:

Alter for opening and closing circle: There is a wooden goddess already sitting on a rock wall "alter" which we shall adorn with a corn husk skirt and other corn accessories and create her as ‘Corn Mother' the reigning Goddess of the celebration. We will decorate the alter with flowers and shawls of the colors of Lammas; golden, orange, dark green and brown. On the ground, we will place the 5 stones of the medicine wheel in their appropriate directions. In front of the Corn Mother we will place two bowls one filled with water and one empty (to be filled with cornmeal as part of the opening rituals).

Meditation circle under the willow tree: We will lay a tarp and blankets on the ground and bring people's sit things and boxes as they arrive. We will set up a table with craft supplies for decorating the boxes.

Body nourishment center: in the picnic table area, we will assemble chairs and layout the lotions and potions we will have made from fresh produce and other natural ingredients as well as foot tubs, face cloths, and water jugs. We will cover the tables with tablecloths. Copies of Jeannie Rose's herbal body book and other resources will be place on the tables as well as copies of the potions we create.

Kitchen: We will set up cutting boards, knives, a couple of extra-large salad bowls, a large soup pot and serving utensils. Also, camp stoves and griddles or cast-iron skillets. And a copy of ‘the sacred kitchen'. We will have the women bring their food and place settings to the kitchen upon arrival and put any items in the fridge if necessary. We will have broth, salad dressings and some seasonings ready for use. Patti will bring her camp table for use here or at the meditation circle.

Dining area: While the group is swimming and cooling off from the ‘body treatments', we will set the tables for the ‘sharing' session and feast. A bowl of dirt will be the centerpiece and a supply of small candles (one for each woman present).

Dance floor: We can have a boom box and cd’s available on the stage for dancing after dinner if any women want to hang out to dance and help clean up.

THE CEREMONIES

OPENING

Upon arrival women are greeted and asked to bring their food items and place settings to the kitchen, give their boxes and sit things to be taken to the meditation circle and to keep their alter item with them while they wait to be led to the opening circle alter.

They will be instructed to come one at a time when invited by the first team member. PATTI will be standing at the beginning of the rock wall next to the flat 'dance floor' area with a burning sage bundle. She will say some purifying words and welcome them to proceed along the path to nourishment and fulfillment.

(Patti... with burning sage bundle)

*This is the time of the First Harvest. Lammas brings the lesson of sharing and nourishment. You have been given much. The harvest is abundant. Reflect upon your desires set forth this year and be thankful for what has come to fruition. There is still time before the second and third harvests to continue your inner journey. Go now to nourish and fulfill your visions.*

WZ will be at the end of the wall with a bowl of cornmeal which she will ask each woman to take a handful of and hold till they are asked to offer it in gratitude several times and to proceed to the circle placing their alter item on the way to taking a place in the circle, but taking the cornmeal with them, (note: Carol has agreed to help with tasks on that day, we will ask her to be beating a heartbeat drum while the circle is being formed and to read the 4th direction).

When all are assembled WZ will give some welcoming and opening words and prayers to the Lady and Lord of Lammas, and explain the offering of 'pinches' of the cornmeal to the directions when directed, but to save some for an offering to Corn Mother as well.

Opening prayer

(WZ reads) Our Lady of Lammas, you provide us with seed for sowing, you reward us with fields for reaping. Bring forth upon the labored land sprouted legions of the staff of life. Grain­-giving Goddess, Mother of all Harvest, we rejoice before you for these first fruits of the fields: the baked bounty of freshly-made bread, the abundance of your nourishing fruits and vegetables. May your intuitive wisdom be with us. Let your love now flow throughout our circle. Come and bless your Children of the Harvest. Blessed Be.

(PATTI reads) Mighty Lord of Day, now going into the dying corn, this is your wake, Lugh the Sun King. You have reached your consummation of power at Solstice and now you go into the corn and grain. Your energy is poured forth into the body of Mother Earth whose fruitful bounty will nourish our lives. We call you forth in our need for your brilliance, strength, and vitality, for you are the vital half of the life force which brings completeness. May we carry your brightness always within. Let that energy now flow throughout our circle. Come and bless your Children of the Harvest. Bless Be.

**Calling in the Watchtowers**

^ East - WATER (CAROL)

All Hall to Thee, Guardian of the Watchtower of the East, the powers of Water.

The rivers and streams that nourished the harvest, fed our emotions, and helped to ripen all that we are about to reap. Let us drink deeply of the honesty of our friendships.

We, the Children of the Harvest, invite you to join in our celebration. So May It Be.

(toss cornmeal in that direction)

South - AIR (WZ)

All Hail to Thee, Guardian of the Watchtower of the South, the powers of Air.

The gentle breezes that make the fields dance, as well as the thunderous storms that energize the atmosphere, and us! Inspire us to reap the benefits of all that we have sown in our lives. We, the Children of the Harvest, invite you to join in our celebration. So May It Be.

(toss cornmeal in that direction)

West-FIRE (PATTI)

All Hail to Thee, Guardian of the Watchtower of the West, the powers of Fire.

The warmth and strength of the summer sun brings forth the abundance of this sultry season. Give us the courage to take that which we have wanted and fought for in our lives.

We, the Children of the Harvest, invite you to join in our celebration. So May It Be.

^ (toss cornmeal in that direction)

North - EARTH (DOROTHY)

All Hail to Thee, Guardian of the Watchtower of the North, the powers of Earth.

Cornerstone of all elements, sand and granite, quartz and crystal, from the fertile fields to the cool woodlands, bring us your steadfast power.

We, the Children of the Harvest, invite you to join in our celebration. So May It Be.

(toss cornmeal in that direction)

When the directions have been honored, WZ will instruct the circle to go up one at a time and introduce themselves to Corn Mother asking for her blessing and emptying the remaining cornmeal in their hand as a gift of gratitude for her blessings.

Example: Corn Mother I am Weezie. I am grateful for the rich life you have given me especially for the abundance of love and friendships. I ask that you continue to deepen my path of nourishment and healing within me and through me in the world. Thank you from my heart.

When all have approached the Corn Mother, they will return to the circle and WZ will lead a chant that honors the earth, water, air and fire, (this is a native American chant with hand movements that symbolize these elements.)

HEY YAN YANA HEY YAN YANA HEY YAN YANA HEY (twice)

Chorus: HEY HEY YAN YANA HEY YAN YAN HEY HEY YAN YANA HEY (twice)

This chant is repeated 4 times. The first line is accompanied with sweeping hand arm movement which begins as a scooping motion down low and ends with a wide open arm stance dropping back down to begin a low scoop the second time.

The second line is accompanied with a different hand movement during each chorus: —earth...hands held to the sides pulsing palms toward the ground —water...,hands making flowing motions low and sensuous in front of your body —air....hands and arms waving higher at shoulder and face level —fire...hands clapping over head in a rhythm that's pretty easy to catch on to

MEDITATION

Following the chant, PATTI will invite the group to follow her to the willow tree meditation area where she will lead a guided meditation (insert copy here), culminating in a project creating ’clue boxes’. They will have been given some wise words by a woman in their meditation and that will be the first clue they will put into their box. They will be encouraged to keep the box in a conspicuous place in their home to offer their families and guests to both give and receive clues (i.e.., inspiring quotes, affirmations, powerful words or images to be read, but usually returned to the box). We will also be encouraged to drop some words into each other’s boxes if we feel move to before we leave. When we are done (about an hour for this session), WZ will invite the group to follow her to the ’spa center' passing by the alter and leaving their decorated box on the walls on either side of the alter.

SPA TIME

WZ will offer some words about nourishing our bodies with pampering and love. She will direct us to use the lotions, potions, scrubs, soaking tubs etc....on ourselves and each other. We should be encouraged to ask others to pamper us, to offer to pamper each other and to take time to just do some solo pampering as well. This should be a time of playful reverence as well as quiet relaxing moments while absorbing the nutritious ingredients in the natural homemade body products. There will be about an hour for this spa time and when our body feels fully pampered and nourished we are invited to go for a swim to rinse (all fully biodegradable ingredients) and refresh and frolic while the team clears away the spa things and sets the table and readies the kitchen for the creating of the feast.

^ CREATING THE HARVEST FEAST

WZ will invite the group to join her in the ‘kitchen', where she will say a bit about nourishment through healthy foods provided by ‘the Mother'. A ceremonial grinding ritual will be offered in preparation for making the harvest breads (chipati). Then we will be invited to participate in the preparation of each of the food courses by adding the ingredients we brought to the soup, the garden salad and the fruit salad. When the salads are made, the chipatis are grilled and the soup is simmering.

A TIME FOR SHARING

PATTI will call the group to the table and invite them to ‘share' a few moments about

their experiences of this celebration and what progress they have made in their own

nurturing of the intentions set into the cycle in the celebrations since Candlemas. We

will be asked to be mindful that this holiday is represented by the elements of fire and

earth and that the candles that we light and place into the soil represent these elements

then each will light a candle of blessing and gratitude for those gifts we have harvested

this year and set the candle into the bowl of earth on the table.

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When all have lit their candle we all will read this prayer:

We join with the earth and with each other,

To bring new life to the land, to restore the waters, to refresh the air.

We join with the earth and with each other,

To renew the forests, to care for the plants, to protect the creatures.

We join with the earth and with each other,

To celebrate the seas, to rejoice in the sunlight, to sing the song of the stars.

 We join with the earth and with each other,

To re-create the human community, to promote justice and peace, to cherish our children.

We join with the earth and with each other.

We join together as many and diverse expressions of one loving mystery:

For the healing of the earth and the renewal of all life.

Blessed be.

CLOSING THE CIRCLE

When we have all had our chance to ‘share', WZ will ask us to move back to the alter for our closing. At the alter we will circle up to dismiss the watch towers

**Dismissing the Watchtowers**

East-WATER (CAROL)

Hail to Thee, Guardian of the Watchtower of the East, the powers of Water.

Leave us with gentle rains that nourish the Earth and ourselves.

We bid Thee Hail and Farewell, and as ye depart to your mighty realms, harm ye none on your way.

So May It Be.

South-AIR (WZ)

Hail to Thee, Guardian of the Watchtower of the South, the powers of Air.

Leave us with your tender touch, a kiss of breeze upon our faces.

We bid Thee Hail and Farewell, and as ye depart to your mighty realms, harm ye none on your ^ way.

^ So May It Be.

West-FIRE (PATTI)

. Hail to Thee, Guardian of the Watchtower of the West, the powers of Fire.

Leave us with the warmth of good friendship, and the spark of true love.

We bid Thee Hail and Farewell, and as ye depart to your mighty realms, harm ye none on your way.

So May It Be.

North - EARTH (DOROTHY)

Hail to Thee, Guardian of the Watchtower of the North, the powers of Earth.

Leave us with the commitment to renew and restore our lovely Earth to her true glory.

We bid Thee Hail and Farewell, and as ye depart to your mighty realms, harm ye none on your way. So May It Be.

Wedding Blessing and closing song

DOROTHY will offer a blessing in honor of Bonnie’s up coming wedding before we sing the closing of the circle song.

Then we will go serve ourselves dinner, music will be put on and we may dine and dance together till time to go home.