**–** (Wendy, Debby and LeeAnn) Setting: Outside at Wendy’s

1. Lead women to the circle (they set their place settings on the table as we pass it.)
2. Blessing- (smudging as we circle the outside of the women)
3. Call in the Directions
4. Sitting with Nature- “Go forth and sit with nature; meditate on a wish or desire. This is a time of ultimate blossoming. What is your desire? How are your labors directed? Ask for help from the plants and Mother Earth. As the virgin maiden transforms to a young woman, open to Earth Mama Energy.”
5. Return to the circle-introduce the maypoles

Making individual May poles with groups of 4 helping each other (This worked *really* well.)

Prep: 40” long poles with pointed ends. We used branches about 1 ½” thick. / A hole smaller than the nail was pre-drilled in the top of each pole. / A hammer is needed at each spot./ Women brought 4 lengths of ribbon, \_\_?\_” long / a nail is taped to each pole /

(*Wendy, Debby, and 2 sisters modeled while LeeAnn talked. LeeAnn waited each time until each task was complete .)*

* *“We’re going to start by creating a square of four women, East, South, North and West around one of the poles.*
* *Then, one of the sisters in your circle will take the pole, and drive it into the earth stating her intention. This will be her pole, the other 3 women are there to support her*
* *Next, each woman will push one end of their ribbon on to the nail. As they add their ribbon they will say “I, \_\_\_ am here to witness and support you.”*
* *Then she (whoever drove it into the ground) will drive the nail into the top of the pole.*
* *Before you begin, take notice of how your body is open to Earth energy and the rise of power that passes through you. Feel that kundalini energy.*
* *Then, 2 of the women facing each other will each take 2 of the ribbons.*
* *The process of weaving will be an open, cross, open, cross movement. When you cross your arms, left arm on the top of the right, the women on each side of you will take the ribbon from you and then cross their arms. The ribbon will continue to pass between you.*
* *As you move your arms, open, cross, exchange, say words that would facilitate success for your sister with her intention.*
* *When one pole is complete, the four of you will move on to the next pole for the next woman’s turn.*

1. Jump the Fire
2. Release the 4 Directions
3. Eat

