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|  | Oraft  Outline for Lammas  August 3, 2008  4-7 PM |
| 15 minutes | Ladies arrive at the front door, leave their food and food in the kitchen. Take their altar item with themThe team will bring their sit things to the circle area. |
| 20 minutes | Blessing with rose water - Bonnie  "May you find new meaning in the reality around you". Then I will ring the gong and the woman will walk the rose petal path to the smudging area between the two tall trees. |
| 20 minutes | Smudging with sage - Jean  "May your dreams come true, welcome to Lammas". Ask the women to follow Lee Ann. |
| 20 minutes | Calling the directions \* Lee Ann  When all women have been smudged, Lee Ann will lead in a |
|  | spiral dance to the various directions where simple words will be spoken at each direction. The transition song will be \* Now I walk in beauty, beauty is before me, beauty is behind me, above and below me. ..." {  Please insert other words here}  Bonnie will ring the bell at each direction before the words are spoken. {We need words for each of the following directions: E, S, W, N, Above, Below and Within. Please insert here}  East (Jean) I greet the Wind that rises in the East with the rising sun. Come to our circle and bless us with your sacred Inspiration and sacred Hope.  West (Jean) I greet the waters that extinguish the setting sun, and plunge us into oceans of oneness and bliss. C6me and bless our circle with a sense of the divine Oneness of all that is. |
| 5 minutes | Once the circle is cast, Bonnie and Jean will circle the group with corn meal to encircle the circle of women. Bonnie going |

one direction and Jean the other. Then they return to their  
seats.

Meaning of Lammas - Lee Ann

Visualization - Jean  
Mexican Village visualization  
Mexican Village Visualization for Lammas Aug 08

The year is 1100. The date is August 1. The monks in the abbey at Gloucester are celebrating the holy-day of St Peter in Chains. One of the monks wakes from a strange dream in which God promises to strike down the wicked King who has abused the Holy Church. His superior, Abbot Serlo, on hearing of the dreams sends a warning to the King, William the Red, who has oppressed all of England with taxes and disgusted many with his licentiousness and blasphemy. Red, as he is called, receives the message the following day while preparing to indulge in one of his favorite sports, hunting, in the New Forest. Although there are no longer any people dwelling in die New Forest — they were all cleared out by Red's father, William the Conqueror—there are rumors that it's a hotbed of pagan activity. And August 2 is an important pagan holy-day. The Saxons call it Lammas, the Loaf-Mass. William the Red laughs at the warning from the monks and goes out hunting. A short time later, he is dead, struck in the chest by a stray arrow, and his brother, Henry, who was in the hunting party is riding hot-foot for Winchester and the crown.

Now some people say that William the Red was a Lammas sacrifice, that having made a wasteland of his kingdom, he was killed by the people (or the Gods) as a sacrifice to bring new life to the land. Lets do a meditation.

Take a deep breath - relax etc let your self drift. Relax your feet, all 5 toes on

your left foot and now your right. Etc I will count from 5 to 1 and when I

reach the number 1 you will be in a deep state of relaxation.

It is morning. The sun feels warm and embraces you with its warmth. There is a sense of celebration and excitement in the air.

Look around now. There is a small Mexican village off to your right. See the white church and the village plaza, with dark haired Indian women in red and green and yellow skirts in traditional designs selling harvest produce. In front of them you see piles of yellow com PAUSE and piles of orange squash PAUSE and strings of bright red

peppers and green beans in the market place. PAUSE Dark skinned men in

white trousers and bright colorful woven shirts are walking around and talking with the women, buying and selling as they might. You know with a sense of deep satisfaction that the first harvest has been good. Pause

The women and the men are now walking towards you. They are beautiful in their hand woven shirts and dresses in traditional designs that evoke mysteries of celebration and

^ gratitude They are smiling broadly at you as they greet you...

Come, we are about to begin the Com Festival celebration, and we want you to join us.

5 minutes 10 minutes

You stand up and join them smiling and full of excitement Walk with your new

friends to the com fields. These com fields have been threshed, with com stalks lying on  
the ground. PAUSE You see huge woven baskets piled high with ears of com, some

yellow but also some with red and black and green kernels as well The

sun is beginning to go down and the air is becoming cool. You are exhilarated and very

happy There is a huge fire burning off in the distance and you hear faint

drumming. Walk over to the fire and take your place and sit down you

have a deep sense of belonging here, like you have been doing this forever. An old

Indian a crone comes up to you and looks into your eyes and smiles

She gives you a handful of bread dough and an ear of yellow com Lay the com

down beside you and take the dough and shape it into a boy. Feel the dough in your  
hands as you give it the shape of a boy, a dough boy, a man who was make a

king, but ruled unwisely because he was unable to grow up. Pause This boy

king used up the resources of his nation and took pleasure in violence and in extreme  
luxury. He has poker chip eyes and a blank face. Pause.

Night has come. Look up and see the stars overhead. The sight of the sacred celestrial  
wheel takes your breath away it is so beautiful. Pause. Take this moment to know that

you are a part of infinity and that everything is ultimately

good Our cycles of birth and death, plantings and harvestings are all leading to a

great unknown - a great mystery that desires only to engulf us with miracles and love us  
beyond our wildest imagining if we but ask and allow for it. PAUSE Yes you say YES  
let the miracles happen. PAUSE

You are back at the fire. As you look around the fire you see the beautiful faces of the  
people sharing this ritual with yoa The time has come to throw your dough boy into the  
fire. Throw it now. See it slowly bum and turn to smoke. PAUSE Ask now that a new  
king, a mature man, will come. In your heart ask that this new King lead the nation into

prosperity and abundance and dignity for all people. Pause

The time has now come to make your com doll. Pick up the ear of com the crone gave

you and shuck the kernels of com to make a beautiful face of the Com Goddess

Pause she has hair of golden silk and a green dress of leaves. Feel the magic of her

presence in the ear of com. Pause.

The moon is now rising and throws a silver light over the threshed com fields. Throw  
your com doll into the fire. Do it now. See her dissolve in the flames becoming smoke  
that rises to heaven with your intention. You demand and you know in every fiber of  
your being that the Goddess is returning now to lead human kind into a new world - a  
world based on love, human potential, the immortal arts and abundance for all.

Pause

Now take moment now to ask that your dream for this Lammas manifest. See the details  
of what you want for yourself personally taking form before eyes. PAUSE feel the  
happiness feel the joy. Pause. It will manifest for you and you feel gratitude.

Let the Com Goddess speak to you - she has a secret to share with you.. .let her speak to  
you now. PAUSE

Yes it is so. You have asked the goddess for your dream to manifest and you have  
asked her for a new world of dreams and abundance and love for all humankind. Now it  
has been truly expressed in words and in metaphor, and so it will come to pass.

You now hear faint sounds of music Everyone stands up and hugs each

other You along with the others begin to slowly walk back thru the com

fields, now bathed in the light of a rising sun. Again you see the white church and the plaza materialize before your eyes. Pause Now I will count from 1 to 5 and when I say 5 open your eyes and feel wide awake and vital and refreshed.

40 minutes

Time for sharing each woman's gift of wisdom from the  
visualization.

10 minutes Thanking the earth story - Lee Ann

Lee Ann has the story.

Opening the circle and singing the song, “Merry meet and merry part and merry meet again."

30 minutes Feast - Taco Salad, Tacos with beans, corn on the cob and

Chips and Salsa Ice cream with fruit and whipped cream for dessert.

Questions for team:

What kind of music would you like to have playing during the feast? What should we offer to drink at the feast?

**Bonnie will bring the following items:**

Pot for boiling the corn

Pot of cooked pinto beans

Cbrnmeai for circle

Sage and abalone shell and lighter

6 tables for the direction tables and the two portals

Crapes for altars

South altar decoration

Cloth for two altars at the large trees where smudging will take place

My own altar item

Bell to ring at each direction

Rose petals for the path from blessing to smudging

Turkey oven for heating tortillas

Aluminum foil for wrapping tortillas

**Jean will bring the following items:**

3 Quarts of vanilla ice cream 24 ears of corn 3 cans of whipped cream 2 stacks of corn tortillas Butter

Salt and pepper

East altar decoration

West altar decoration

Large crystals for the portal altar

Gong bell for the blessing

**Lee Ann will bring the following items:**

Burl for center altar Story book Altar cloth North altar items Song sheets for women