Women’s Ritual Group  
Lammas 2009

1st Harvest - What am I harvesting?

Abundance - What is abundant in my life? What do I have in abundance to offer to others?

Gratitude - What am I grateful for?

Sat., Aug. 1

1:30 pm - Group leaves town, carpool at the Dollar Store 3:30 pm - Arrival in Marty’s; set up sleeping spots 4:00-6:00 pm - Swim, walk, relax, reflect

6:00 pm - Dinner LEEANN takes lead with seven other women (start to prepare at 5:15 pm); tacos and fixings and dessert; MARTY will set up dining spots. We’ll eat outside on the deck and use cabin dishes and silverware. Clean-up by same group.

MARTY has a prayer for dinner.

8 pm - Opening of the Circle CONNIE (10 min.); Lammas chant (4 facilitators do the calling)

Welcome and blessing; setting intention for “retreat” ANNE -“What am I harvesting?” (10 min.) Mortar and pestle (LEEANN brings 2) - grind wheat berries and corn kernels (15 min.)

Handwashing- LEEANN (10 min.), groups of four; soapy water in bowls, then rinse hands over deck with pitchers 4 pitchers, 4 bowls, towels LEEANN teaches song “**Love and Abundance**”

Introduction of bread and punching it down CONNIE (20 min.)

Two songs: “**Thank You for Your Loving Heart**” and “**Earth is Woman and She Will Rise**”

Suspension/Extension of the Circle (CONNIE) - “**May the Circle Be Open**”

9:30 pm - Drumming Circle (optional) MARTY; song “**Where I Sit is Holy**”

Fire on deck

2 bread loaves formed and baked (CONNIE); two more formed for baking in the morning (breakfast group will bake the next two loaves); last two for lunch.

Sun., Aug. 2

7:30-8:30 am - Breakfast ANNE and three other women

Coffee and breakfast in groups as people show up (7:30 am, 7:50 am, 8:10 am); clean-up by same group; bake four loaves of bread.

9:30 am - Ritual begins down at the fire ring; chairs repositioned around circle.

Resumption of the Circle (CONNIE); casting the circle with the ground corn and wheat (10 min.) Song - “**Welcome to the Circle**”

Calling in the four directions: Earth -LEEANN, Water -MARTY, Air -ANNE Fire, -CONNIE MARTY, will review the “Joy postures” that align with the four elements as we call in each element (10 min.)

Oh Spirit of Air (East): Grant a sacred wind to be upon my path that evil’s dark vapors be dispersed and the breath of life rise fresh and pure. Anne

Oh Spirit of Fire (South): Grant a sacred flame to illuminate my path that I might know and understand whence I came, where I am, and whither I am bound. Connie

Oh Spirit of Water (West): Grant a sacred stream to flow along my path that I might cleanse away the dust of each day’s journey, rest, and arise refreshed to begin the journey anew. Marty

Oh Spirit of Earth (North): Grant a sacred strength to my path that I may follow its way up rightly and without fear. LeeAnn

All four: We invoke the Great Spirit, in all its aspects, God and Goddess: Nameless one, Eternal, who is found in all things. Creator of the Dance, be alive within us. You have many names and are ever-changing. You appear everywhere and within all circles of the seasons. Spirit of all life be radiant within us, engulf us with your love, open our hearts, ^ and let us live free, joyful and wise.

Introduction to Lammas ANNE (5 min.)

Meditation LEEANN (20 min.); incorporates sacred stone and the “abundance” questions listed above

Walk to creek to find stone MARTY (30 min.); need water shoes to walk up creek Song while walking- “Mother I Feel You Under My Feet”

Create Standing Stone to represent how our gift to the world fits with the community “What do we have in abundance that we have to share with the/our community?”

Sharing by group: any or all of the four questions reflected on during the retreat; on the lower part of the property or 40 acres? - take beach chairs (75 min.)

12:20 - Closing of the Circle (CONNIE); closing song(s) “Thank You for ...” and “May the Circle ...”

12:30 -Lunch MARTY and three other women

Pack up and depart by 2 pm or stay and swim