

WINTER SOLSTICE  
2016

**Where:** New Vision Church, 1066 Mangrove

**When:** Saturday 12/17 at 4:30-8:30 pm. \$50 suggested donation for church. We can have alcohol and candles.

**Theme:** Peace within us, peace among us, peace beyond us

**To Bring (for flyer):** donation, themselves, dress in 'as blue as night' with a touch of sparkly silver starlight; journal, dessert, drinks, soup bowl.

**To Bring to Ritual:**

- Heather & Connie will bring peace signs
- We will all bring Blue fabric, xmas lights, candles, bowls
- We will all bring Tea
- We will all bring a loaf of bread
- Anne and Heather will bring glue sticks
- Connie, Joy and Anne will bring blue and white/off white napkins, table cloths and crochet runners

**1. Joy will bring:**

- tea decanter
- pad of paper for collage base
- round table
- Battery powered candles, cobalt candle holders—lots of candles!
- honey
- gold crayons
- music cd's

**2. Connie will bring:**

- Peace place cards
- Vegetarian soup
- Connie - olive oil
- Ladle

**3. Heather will bring:**

- butter alternative & winter squash soup w/ladle
- spray for anointing
- colored pieces of paper in zip locks
- lighters
- Itunes music w/Snatam Kaur song
- youtube recording for Dances of Peace

#### 4. Anne will bring:

- bowl for donations
- bowls for colored paper
- bouquet of greenery and greenery for tables
- gold pens
- Ladle

#### **Songs:**

Deep Peace - we sing and play the choral version at the end

African Lullaby

Peace I leave with you my friend

May the Long Time Sun

Dances of Universal Peace Song

#### **Ritual**

1. Desserts and beverages go on counter, bowls go on place settings (15min)
2. Appetizers are eaten as we gather
3. Blessing - Connie:

*"As we begin this meal with grace, let us become aware of the memory carried inside the food before us. The quiver of the seed awakening in the earth, unfolding in a trust of roots and slender stems of growth on its voyage toward harvest. The kiss of rain and surge of sun, the innocence of animal soul that never spoke a word, nourished by the earth to become today our food. The work of all the strangers whose hands prepared it, the privilege of wealth and health that enables us to feast and celebrate."*

4. Serve soup in kitchen, appetizers go on table, dessert on counter - or whatever
5. History during the meal - Joy
6. Donation and ideas request during dessert - Anne

5:30  
ish

7. End of Grace - Connie plays crystal bowls when it is time to gather. Connie:

*"We end this meal with grace for the joy and nourishment of food, the slowed time away from the world to come into presence with each other, and sense the subtle lives behind our faces, the different colors of our voices, the edges of hungers we keep private, the circle of life that unites us. We pray the wise spirit who keeps us to change the structures that make others hunger and that after such a grace we might now go forth and impart dignity wherever we partake." (5min)*

8. Group blessing as women move into circle while being cleansed with aroma spray and smudged with evergreen bows - (3min)

*"As the Earth grows colder, the winds blow faster, the fire dwindles smaller and the rains fall harder. Let the light of the Sun, find its way home into your soul."*

9. **Directions - Joy starts with East: (2min)**

*"Awaken, Guardians of the East! On this winter night, come into our Circle. Bring on the wind, the fragrances of the season, pine, cedar and juniper." "Awaken, Guardians of the South! Honor us with your presence. Let the warmth of the Yule log fill our hearts. Warm our mind, body and spirit with your love." "Awaken, Guardians of the West! Welcome into our Circle. Bless us with your sacred water, Be they snowflakes or icicles." "Awaken, Guardians of the North! Enter our magic winter Circle. Call in all of Nature's creatures to celebrate the renewal of the earth." "Awaken, Guardians of the Center! Rejoice with us on this sacred night while we celebrate the returning sun as the days begin to lengthen."*

10. **The three of us sing the Hamsah song (2min)**

11. **Stories, metaphors for the broken bowl - Anne (5min)**

12. **Snatam Kaur - Longtime Sun (2min)**

6ish

13. **Sit in silence - (2min)**

14. **Meditation & Collage instructions - Connie: (15min)**

6:30

15. **Making collages (20min)**

ish

16. **Peace I leave with you - Heather (2min)**

17. **Sharing - (75min)**

18. **Dances of Universal Peace - Anne (15min)**

19. **"Deep Peace" (2min)**

20. **"Deep Peace" choral version (2min)**

8:30

21. **Closing**

22. **"Contribution to Peace" hand out or have in a bowl!**