**Lammas 2017-Beth, Becky, Teresa, Ellie (Overnight in Genessee)**

*(I didn’t make it to this celebration and only have a portion of the paperwork, but the general outline is listed below.)*

**Saturday:** If women are there before 3:00, they can swim

**3:00-3:08**: Calling in the circle

Becky: The crisp autumn winds blow around you. Leaves are changing their colors from green to sparkling yellow, scorching vermillion and burnished orange. Their display reminds us that Mabon is here. It is the day of the equinox during which we honor the birth of Modron, son of the great mother goddess; she who is the guardian of the outer world, the earth and our protectoress.

As summer ends and fall begins, the dark increases and the light departs. On this day, the sun and moon shine equally, from night to noon, creating a sacred balance of duality, of light and dark in the physical world. We are aware of this balance as it is within each of us. The air has a chilly nip; we sip crisp apple cider. The seeds we’ve sown have reaped a rich harvest and they reward us as day gives way to night. Now we prepare for winter’s long cold breath as Mother Earth slips into her balancing act of light and dark; of challenge and nurture. Autumn Equinox blesses the earth and each of our spirits with a great deserved time of rest, reflection, redefinition and regeneration. Warm and blessed be our health, our hearts, and our plans.

Welcome to Mabon

In honor of the corn/wheat loaf celebration, we will take a piece of this sun loaf, dip it in honey and place one bit on each of the four directions as we cast the circle. We will also be scattering corn meal around us purifying the sacred circle as we call the directions. We ask the god and goddess for protection as we celebrate these days and nights.

The loaf is the symbol of the god Lugh, warrior of the life force. Honey is the symbol of faith, and the sweetness in life. The bee from which the honey came symbolizes the stings in life and yet we are soothed with hope by the sweet honey.

After each calling of the direction, please repeat the phrase: “I give gratitude for all that is offered to me.”

Directions:

East: I honor and call the East, where light flows from, to join us and bless us. Give us your clarity in breakthroughs and inner visions.

I give gratitude for all that is offered to me.

South: I honor and call the South, where trust is born, to join us and bless us. Give us your strength of personal space, openness and faith.

I give gratitude for all that is offered to me.

West: I honor and call the West, where physical strength comes from, to join us and bless us. Give us strength of meditation, strength of patience, strength of creativity and art.

I give gratitude for all that is offered to me.

North: I honor and call the North, source of purity, protection and home, to join us and bless us. Protect our inner child, our innocence, our freedom of spirit mind.

I give gratitude for all that is offered to me.

Call and Response:

1. We pray we may be aligned with you
2. So that your powers may flow through us
3. For the good of the planet
4. And all living beings upon it.

The circle is now cast. Ho!

**3:08**: Welcome my sisters to this great day of celebration of the Lammas Sabbat. This is the corn/wheat festival, honoring the first harvest. We will honor it by partaking of corn and wheat, the earliest sustainers of life. As the days become shorter, tree leaves will start turning color, mornings will become cooler. The Goddess of Lammas, the mother of the harvest, is strong. Her face is darkened by the sun’s rays and the wind. She carries a sickle and a basket of fruits, vegetables and corn cobs. She knows we must harvest food and seed to ensure prosperity in the winter ahead.

We call upon the Mother of Harvest when we need to make difficult decisions and complex choices. We need to face our fears, as this gives us strength to do what must be done; tell the truth, even if it hurts; learn to say “No”, to that which does not resonate as truth and righteousness. The goddess loves us. She brings us food, prosperity and abundance; everything we need for life and forward growth. She is called the grain queen mother. Her daughter, Persephone, is the keeper of the grain seed. She drops the seeds deep in the earth at this time, to reappear in the spring.

The god of Lammas is Lugh (Loow). He is the god of all types of creativity and art. At this time of year, Lugh is already halfway to the underworld where ideas are created; where dreams come from; where the inspiration of spirit is born; where things get introduced into our conscious minds.   
Day and night, birthing our actions, ugh is known as the long-armed-god for his long rays of sunlight. They reach us. They warm us and give us comfort. We feel close to Lugh and the Goddess Mother at this time of the year as we reap all that we have sown, physically, emotionally and spiritually, throughout this season.

Lammas is the time of gratitude for our strength, agility, health and general wellness. We give gratitude for the golden light of the sun; the gentle rains that nourish us; and for the air that feeds us, as we breathe in the daily joy of life.

*Share the Lammas loaf while singing “May peace be with you, and also with you.”*

**3:23**: Welcome Lammas animals (griffin, dragon, phoenix)

**3:35-3:45**: Walk to the creek singing “Oh Mother God”.

Baptism @ creek (“In the name of \_\_\_ spirit of\_\_\_\_.”)

**4:35-4:55**: Walk back to tent / break / snacks

**4:55:** Reflection / Journal writing:

Lammas symbolizes the strength and maturity of God and Goddess. If we look at the wheel of the God/Goddess year, Spirit was born in the Winter Solstice. On Imbolc, a child Boy/Girl, God/Goddess was nurtured. During Spring Equinox, teenagerism reigned with joy, love and free falling. Beltane, new love; Summer Solstice, the full light of passion and strength. All these forces culminate to full maturity on this day of Lammas. By Mabon, age and wisdom will come. By Samhain, the God/Goddess spirits will pass over to be reborn on All Hallow’s Eve.

Reflect on the wheel of your year. What are you reaping from what you have sown?

**5:10:** Sharing

**6:15:** Dinner Prep (While dinner is being prepped, put out animal cards.)

**6:35-7:30**: Dinner and cleanup

**7:30:** Re-gather

**7:35-8:35:** (Beth) Meditation and drumming journey with animal helper *(I don’t have this.)*

**8:35-8:40**: Review Sunday morning plans /

Preparing for Bed:

With thanks and blessing we step towards the time of dreaming, while remembering the unity of all time and realms, the energies of the directions and the elements they hold for us. May all these blessings flow to you and through you like waves upon the ocean.

I bless the alternatives of life. I bless those times when uncertainty runs rampant. I bless the paradoxes of life. I bless all my experiences. As I slip into the dream space, may all be at peace. Now I lay me down to rest, I pray that the world be blessed. Lady Moon and Sister Star watch over me from afar. Gods and Goddess of dreams dance and sing with me. Bring to me sweet dreams. Bring the bright sun on the morrow’s rise.

All: Read the sleep chant together as we say good night*. (Don’t have.)*

**Sunday**

**8:30**: Breakfast, clean-up, packing

**9:30**: Despacho ceremony: Giving thanks to the earth, celebrating connection to our lives.

**10:45:** Sharing

**11:50:** Closing songs

**Song:**

**O’ Mother God**

O’ Mother God, flowing through our hearts

We give thanks for the bread of our lives

For the hands in the earth

And the fruit of your womb.

O’ Mother God, Blessed Be

O’ Mother God, Blessed Be

O’ Mother God

Thank you for this day

For the love that you wash over me

And this joy in my heart

I will share with the world.

O’ Mother God, Blessed Be

O’ Mother God, Blessed Be