**Lammas Introduction-History-Gods and Goddess (2017)**

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 Lammas, 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, Lugh 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.