AUTUMN EQUINOX 2008 –Facilitators: Anne, Shannon, Julie, Cheryl

(Women asked to bring food item, place setting, sit thing, basket and a scarf)

Main activities: 7 Stations –Harvest-Reflecting, Appreciation, Balance, Celebrating the bounty, Basking, Equality, Allowing-Letting Go – Culminating in creating a mobile out of natural elements

8:25-8:45am: Women will be greeted and food items/place setting placed on table, sit thing and basket placed and scarf will stay with them.

Anne will go and get each woman while saying something like: “This is a time of moving from the hustle, bustle and business of life into the quiet and serene of Mabon…”Welcome” as she hands off the woman to Cheryl and Julie…

Cheryl will wrap each woman in their scarf with Julie also “holding” the space with them and Cheryl will say: “Leaves fall, the days grow cold; the Goddess pulls her mantle of earth around you.

Julie will say: “Fruits ripen, seeds drip, the hours of day and night is balanced…Join us in the circle.”

Shannon will be in circle with drum and/or greeting and organizing the women’s arrival.

8:50-9:00: **Calling in four directions** – (The actual words were not included in the outline, but the theme for each direction is below.) Thanksgiving circle offering thanks as we face each direction.

“As we stand together as sisters in this circle of thanksgiving we call in the directions with full appreciation…”

 Cheryl-East: Gifts of Knowledge

 Anne-South: Accomplishments in career, hobbies and interests

 Shannon-West: Relationships

 Julie-North: Home, finances, physical health

 Cheryl-Center: Spiritual insights and messages

9:00-9:10: Mabon History

9:10-9:15: Intro to stations/brief explanation of the process, legend and the bell

Mabon Stations (10 minutes each): Each station will have something representing the topic. Writing, visualizing, dancing, yoga positions, art, meditation etc., to assist them in connecting to the time of year. Items will be placed for them to chose and take with them as a representation of this aspect in their life.

A legend will be given to each of them with each station so they may write down the “gift” they take if they so wish.

Anne-The Harvest: This will be for women to reflect back on the year of the seeds they planted at Candlemas or throughout the year and an opportunity to evaluate/claim the gifts of their harvest and that which they wish to bring with them.

Anne- Appreciation: for oneself and ones value, qualities. An opportunity to claim ourselves and our gifts.

Shannon- Balance: the equinox reminds us of the importance of finding balance in our lives. Coming back home to center/source within oneself.

Julie- Celebrate the Bounty: this is an opportunity to celebrate ones bounty, the

manifestations of our dreams, wishes and intentions. That which we have created throughout our year.

Shannon- Basking/luxuriating: This is a reminder to us that we must take exquisite care of ourselves, and allow ourselves this aspect in our lives. This will be a commitment station to replenishment of our minds/body and soul.

Cheryl- Equality: This represents the need for practicing and managing our

insides/outsides; male/female; night/day; joys/sorrows and sense of our own equality in the world.

Julie- Allowing **or Letting go**: This is letting go of that which no longer serves and in letting go we allow for transformation which allows us to open to more of what it is we want to create in our lives.

10:20-11:30: Mobile Making/sharing- Come back to circle (Maybe we could find a poem or writing about balance or fall to read before we get started? Or a song? “Ancient Mother”…

Women will have mobiles to choose from and their baskets of gifts from the stations, to add to their mobile-representing more of creating “balance” in our lives.

Bring: Dowels, twigs, twine, feathers, glue, scissors, and other accessories that women may want to use.