

LAMMAS

BLESSING BEFORE MEAL

Today, we have been blessed with sea water, the birth water from which all life emerged, we have had cleansing facials with the clay from the earth. And while we had on these clay masks somehow we were able to touch our souls and identify areas in our lives where we needed to be touched by the cleansing power of the spirit within each of us.

So now we continue to celebrate and show our gratitude to mother earth, by sharing the fruits and vegetables so beautifully abundant on our altar today. We are so grateful for all these things and grateful that we can be together to share this magnificent day.

For a moment now lets visualize ourselves on the back of a crow, flying over fields bright with sunlight. People are singing as they rake the hay into mounds and you are so close you can smell the fresh hay and hear the harvesters' song. As you alight in a nearby oak tree, there is a sense of peace and security as you are wrapped in the wings of the crow; Rest you are in her arms, the wings of the Mother, basking in the warmth of the sun. We bring fruits and vegetables and baskets of bread to the table today. Let us eat and be merry for today we are together in this magical place.