Calling in the four directions: Earth -LEEANN, Water -MARTY, Air -ANNE, Fire -CONNIE, MARTY will review the “Joy postures” that align with the four elements as we call in each element (10 min.)

Oh Spirit of Air (East): Grant a sacred wind to be upon my path that evil’s dark vapors be dispersed and the breath of life rise fresh and pure. Anne

Oh Spirit of Fire (South): Grant a sacred flame to illuminate my path that I might know and understand whence I came, where I am, and whither I am bound. Connie

Oh Spirit of Water (West): Grant a sacred stream to flow along my path that I might cleanse away the dust of each day’s journey, rest, and arise refreshed to begin the journey anew. Marty

Oh Spirit of Earth (North): Grant a sacred strength to my path that I may follow its way up rightly and without fear. LeeAnn

All four: We invoke the Great Spirit, in all its aspects, God and Goddess: Nameless one, Eternal, who is found in all things. Creator of the Dance, be alive within us. You have many names and are ever-changing. You appear everywhere and within all circles of the seasons. Spirit of all life be radiant within us, engulf us with your love, open our hearts, and let us live free, joyful and wise.