

Lughnasad/Lammas

Dawn-yellow Jen-green Lynn-orange Shannon-red

8:45-9:05 Arrival

Shannon by Kitchen door welcoming women into kitchen to place items including goddesses etc. Jennifer at glass doors to direct women outside to stand by Ed Blding. Dawn and Lynn by Ed blding to group women into line. They will take the women's cutting boards and knives to the inside table near altar.

9:05 Spiral Dance *Lynn*

lynn will lead women in a spiral dance (ceremonially :). Will begin with some introduction of Welcome to "Lammas and the abundance of our harvest!" (Whatever!) Singing the spiral song? Do we have a song?

Dawn, Jen and Shannon to be inside with smudge, wheat and spritzer. We will place ourselves strategically to smudging first, spritzing and ending with Wheat. (We talked about seeds but that will make a big mess to step on? Let me know)

Lynn will spiral them into a tight circle and we will stop the dance with everyone together.

Five Directions: Each of us during our direction calling will start by using a instrument of our choice and finish with it.

East (Dawn) To the East, I call in Kwan Yin, the Great Mother of the Orient and Eastern countries; The infant representing our potential, new life and new beginnings.

South (Jen) To the South, I call in Chicomecoatl, corn Mother of the southern countries, and provider for us all; The Maiden representing our fruitfulness, and our dreams.

West (Shannon) To the West, I call in Ceres, who brings us grain and nurturance; and the Mother representing our fullness and our peoplemaking gifts.

North (Dawn) To the North, I call in Spider Grandmother, for her wisdom and foresight; and the Crone representing the completion of the spiral.

Center(Lynn) I call in Earth Mother, Gaia that which connects us to all that is and reminds us of our own sacredness. (?) (If Lynn doesn't have a rattle Shannon will do it for her before and after.)

Lynn will spiral the women out into a large circle and Jen, Lynn and Shannon will get the bowls of Grapefruit seed extract water and rinsing water with towel.

Dawn (9:30ish) (hold hands?)

Lammas Story

The energy of summer is shifting and we begin to see signs of the wheels turning. The earth ripens and grows mellow and we smell the warm and heavy difference in the air. The night time insect lullabies outside our windows are softer and less strident, weaving through our dreams. Signs of harvest are around us and plants once stiff with juice are softening, drying and going to seed.

It is a time of transformation: The seed that grows, flowers and fruits become the food that sustain us.

It is the seed time, when everything begins its gradual descent. No longer growing, blooming or fruiting, the plants turn their energies to seed, preparing for the fall, into the winter and holding promise of the new life in spring. The seed gives us an imperious command to **PAY ATTENTION**: In the dying body of the old is contained the mystery of renewal.

It is a reminder that each of us is the seed full of our greatest potential blooming and becoming fruit as we create, grow and expand. Harvesting our treasurehood, being all it is we are. Let us join today in the Harvesting of ourselves!

Begin hand washing as women chant or sing?

Chant(?)

Where we sit is holy, holy is the ground
Forest, mountain, river, listen to the sound
Great spirit circling all around us
Oh yay yay yayyyy yay yay yay.

Ceremonial Bread Making: Lynn (9:50/10-10:20ish)

Lynn will make bread in a.m. and it will be on Dawn's big cutting board. She will get it and bring it to table.

Lynn will talk about the first grain (and the importance it plays in our lives for nurturance etc. It is the manifestation of our hopes and dreams. With the harvest we remember the importance of our dreams and our intentions?)

As we knead the bread, think about our dreams and our intentions and place those into the bread as you knead it. Place your mark on the bread.

Each woman will take a turn as we move around the circle.

Bread blessing and song led by Lynn

"Bless the earth that grows the grain, bless the water that gives us rain, bless the wind that helps seeds spread. Bless the fire that bakes our bread."

Lynn will put it in the oven.

Ratatouille Making/Claiming our gifts and Bragging. Oh yeah, and something about the knife as a tool and ourselves as a tool? :)

Each of us will bring:

- 1 large eggplant dice into 1 inch cubes
- 2 Medium zucchini sliced into ½ " rounds
- 1 green pepper
- 1 yellow pepper
- 1 orange or red pepper
- 3 Fresh tomatoes chopped
- 2 Tbs olive oil (Shannon will bring all of the below)
- 2 cloves of garlic
- salt (I will bring)
- ½ tsp dried basil (I will bring fresh and dry!)
- ½ tsp oregano (I will bring this)
- 1/8 tsp cayenne pepper (I will bring this)

Lynn will give blessing of veggies and altar!

All of the veggies will be on the veggie/fruit altar and passed out among the women. They will have their boards and knives.

Shannon 10:30-11:00ish

As we prep the Ratatouille we will talk about the power of women, our ancestral yearning to be in community connected, sharing and such. How each of us brings great gifts to the community..

Sharing our personal gifts, skills, resources and bragging! Seeing (in fun) if we can out do each other in the bragging department.

Will also be aware of all the gifts we share and that energy going into the preparation of the food which we will share.

Each woman will bring her portion of food and place it in the stock pot which will be ready as Jen will have prepped.

Jen-will cook!

Saute the garlic, onion, and peppers in oil until soft. Stir in the eggplant and zucchini and continue to saute for a few more minutes. Add the remaining ingred, cover, and simmer about 30 minutes. Then uncover and increase the heat to evaporate some of the cooking juices, stirring occasionally.

LET THE GAMES BEGIN: 11:10-11:45

GO OUTSIDE, LAY ON GRASS WITH HEADS TOGETHER, MAKE NOISES AND BREATH TOGETHER. IF HOT MOVE INTO SANCTUARY.

Bee Dance-lynn will begin with transition story/meditation to move us into the bee dance.
We will give honey to each of the women. (Lynn, Shannon and Dawn and Jen if she is done in kitchen.)

Musk Oxen in Peril-Jen One person is the saber tooth tiger. The rest are oxen-Safe as long as their butts are together, in pairs or groups, and their horns. (must use two fingers pointing out from the brow.)
The tiger counts to five, and each ox must find another ox or group of oxen to join.

When tiger catches an ox, the ox becomes a tiger. Now there are two tigers. Soon there are more and more until the entire group becomes tigers and there are no more oxen left to eat.

(Lynn and Jen will go to check food and get fireside room ready with salads etc.)

Yellow Balloon toss-Dawn will have yellow balloons and will start with one and add from there. Object is to keep balloons in the air.

Hug Tag –Shannon

When finished we will take the women to the bathroom to clean up and may even have rest time in the sanctuary, preparing for our feast.

FEAST-Jen will give the blessing with the breaking of the bread which will contain all of our dreams and intentions. She will give a blessing to the food which contains our multiple gifts and bless the harvest of ourselves and that which is in abundance around us!

We will break bread and eat from it and drink grape juice.

We will serve from one bowl and pass bowls around to each and eat from our gifts!

Stand and sing closing song! Women can go get the rest of the food!!

Tables will be set formally with candelabra and altar of goddesses and those things women brought with them. We may share these things while we eat.

Need:

Large cutting board for bread-Dawn

Paring knives (extra)- all of us

Cutting boards (extra)-all of us

Butter

Orange blossom honey

Large soup bowl-Shannon

Bread fixins-Lynn

Ratatouille fixins-all of us and shannon bring extra

Yellow balloons –Dawn

Stories/poetry –all of us and Lynn

Large soup pot (Lynn or Shannon)
Large cookie sheet to cook bread-Lynn
Smudge -Shannon
Rosemary and OrangeSpritzer-Dawn
Wheat -Dawn
Grape juice/wine
Candelabras- Shannon
Musical instruments such as shakers, flutes -each of us.
Grapefruit seed extract-dawn or shannon

Altar items such as: All of us
Harvest figures, wheat, grain, seeds or seed pictures, bee figures, beeswax, fruit and
veggies, herbs, goddess figurines, colors of orange, red, yellow, green. Corn cobs.
We will have the food altar in the Ed. building which can be very colorful and abundant.
And an altar in the fireside room which will have those items the women brought and
other goddesses etc. I have many I can bring. Candles, flowers of same colors. Animal
guides, medicine cards (shannon) and such.

Church will provide:
Table cloths, plates, bowls, glasses, silverware, garbage.

Friday night Prep: 6:00ish?
Altars
Dining space in Fireside room
Prep of Ed blding arranging space, decorating? Altar and such.

Saturday Prep: arrive by 8:30
Lynn bread (will do at home).