**Lammas Ritual (part of one)**

**Invocation**

I greet you in the name of the Goddess of Abundance, the Corn Mother, She who is called Demeter, Feronia, Sifa, Onatah and Cerridwen. She is the Mother of us all and Her generosity pours over us like the waters of the seas. She is with us and She joins with us in our celebration.

I greet you in the name of the God of the Harvest, the God of the Grain, He who is called Osiris, Ceres, Saturn, Adonis, and Wodan. He is the Father of us all and His kindness pours over us like the warmth of the Sun. He is with us and He joins with us in our celebration.

**Statement of Purpose**

This Sabbat is called Lammas, which means “loaf mass”. Since bread was one of the main staples of our ancestors, the ripening of the grain was the cause for great celebration. The reaping, threshing and preparation of these breads spawned great ritual and ceremony to ensure bounty for the following year.

Lammas is a day to give thanks for the cycle of life, which provides us with sustenance for our bodies and spirits. The earth provides nourishment for our hunger, but we must provide ourselves with spiritual fuel as well. At the beginning of every year we make oaths to improve ourselves, and Lammas is a chance to reflect on these promises and see if we have remained true to our spirits.

At this time, you should be seeing the efforts of your work beginning to manifest as this is the start of the harvest season. Look at your life and see where you have aimed, and if you are still on target. What have you accomplished that you set out to do? What do you still have to get done? Ar we where we want to be? Are we who we want to be? Think about what has happened and how it has been directly or indirectly caused by the choices we have made. Reflect now on those choices, and see where your free will has led you. Are you happy about them? If not, what can you change now?

Because the year is yet to be over, we have time to renew our paths, and begin where we might have left off. We should also celebrate our accomplishments, small and large!

As the sun is waning now, even though the heat has increased, we will be turning more and more inward, until we finish this process at Samhain. This is just the start, so don’t be too hard on yourself if you haven’t done all you set out to do. There is still time before the winter to get accomplished those things which need the sunlight and summer breezes to grow. Don’t let the lazy sultry summer heat sap you of your strength and determination.

**Casting the Circle by walking the Labyrinth after which sisters move to form a circle and sit.**

We are going to walk this labyrinth as a way to ground and center for our ritual. As you walk, think about the yin and the yang, black and white; opposites, but equal. You know each better by knowing its dynamic opposite. Breathe deeply, slowly, steadily. Think about balance: the balance of walking upright, the balance of going one way and then the other; the balance of accepting opposites and finding a way to incorporate them both at a happy medium. Breathe deeply, slowly, steadily. As you walk, think about the cycles of your life; the ups and downs, how the mountain leads to a valley and the valley always goes back up into the mountains. Breathe deeply, slowly, steadily. Feel the energy of the Universe in you, around you, above, behind you, flowing, filling, always in motion yet always still. Breathe deeply, slowly, steadily. Stop where you are. Close your eyes and listen. Take a deep breath. What do you smell? You may open your eyes. As you open them, look around you again with new eyes, being aware of all that is here. Be her, be now. Breathe.

*(When labyrinth walk is complete and all have moved to the circle...)*

We, as members of the Universe and children of the Mother and the Father, trust in Their Love. For ours is the Mother, who nurtures and loves Her children, sharing her bounty and joy. Ours also is the Father, who loves and protects His children, sharing in his abundance and strength. Prosperity is not amassing and hoarding a great profusion of assets. Prosperity is having more than what is essential and never having less than what we need. By marking the turning of the wheel, we understand the abundance and magnanimity of the Universe and celebrate, recognize and honor this.

At this point in the ritual, we normally cast the circle. We’re going to do it a little differently today. We will start today with an acknowledgement of abundance within our own lives. Our sharing will raise the circle for us. Think of this as each of you contributing to the casting instead of just one person doing it. Each word, each sentence that we speak builds the sacred space that we will use to honor the Sabbat. We have each experienced the fullness of the harvest, the culmination of plans and the satisfaction of achievement after effort. As you are so moved, please share a personal example of abundance in your life.

Thank you. We are now between the worlds, beyond the bounds of time, where night and day, birth and death, joy and sorrow, meet as one.

**Lammas Bounty Spell** (from [www.ravenandcrone.com](http://www.ravenandcrone.com))

Lughnasadh; it is a celebration of plenty and optimism, and of nature’s infinite bounty. It is the time of the first harvests, and it marks midsummer’s joyous and fanciful energy. This spirit is celebrated, too, in Shakespeare’s *A Mid-Summer’s Night Dream.* To tap into this energy, gather a small bundle of long grass or reeds to braid, and light a white candle. Braid the grass as you speak this verse:

*Fairies prancing in the meadow, Spirits in the corn;*

*Green Man is flourishing everywhere on this midsummer morn.*

*Grains begin to ripen; All things bear fruit.*

*Summer glistens with possibility, Blossoms take root.*

*Fairies whisper secrets, Powerful blessings to see.*

*Cycles move and all around, they share their gifts with me.*

*Air to fire, Fire to water, Water to earth, Earth to air.*

*Elements feed spirit, And the circle glows.*

*At Lammas, day and night, We witness Nature’s awesome might.*

*Growing full and blessing all,*

*‘Tis Earth’s celebration Before the chill of fall.*

*Now braiding this grass, I mark this day*

*Protect my heart, With the abundance of grain.*

*The blessings of the Goddess come again;*

*Place the braid above my door. Hunger be banished now and then.*

*Blessings be drawn to this place; Summer’s energy fill this space.*

*Air, fire, water, earth unite; And bless us all this day and night.*