

Lughnasadh 2016 with Treibh na Tíntean

SABBAT HISTORY [Scott] – “On this day we honor the beginning of the harvest, the first fruits of the grain [along with nuts and grapes!]. It is time to be thankful for the gifts of life we are receiving. The grain that is being harvested now will nourish our bodies and help us to sustain life over the long winter ahead.

“It is a basic part of life that some things must die so that others may live. The taking of life, even that of the grain, is a sacrificial act that should be surrounded with much awe, thanks, and praise.

“Life is never to be taken lightly. Life and death form an endless cycle.

“This is a time of transformation.

“Even as the baker takes the grain and transforms it through their work and the heat of their hearth, so must we take the harvest of our year and transform it by our work and our energy into that which will carry us through the coming winter.”¹

PURIFICATION RITUAL (Weeding the Heart) (Optional) [Foo]: We are officially celebrating the harvest of first fruits! For most of us, the harvest is an emotional one—or a financial one—as we may be gardeners, but not farmers. We gather then to celebrate a harvest of the heart. That harvest may be good fortune, a kindness, a sense of belonging to this Treibh, a hug, or smile.

This sabbat is also a time of Treibh business, a settling of disputes, making agreements. So, before we cast the circle, let’s be sure our garden is ready for harvesting.

Consider your own garden—there may be a weed or two. Let’s pluck that before we gather fruits. We unintentionally water the weeds and allow them the same sunshine we do our crops. We unintentionally hurt the feelings of others, we are human, and we let our pride get in the way of human relationship.

So, I want you to think of *one* thing that is bugging you—one incident that gets in the way of your concentrating on sacred space, one weed that may mar the harvest in your Treibh garden. You may still be feeling this hurt; you may be watering it with your attention. But it is not a welcome part of the harvest.

We are going to pluck that weed. (Example) Take these cards and a pencil; write one sentence describing your weed. All hurts need to be processed. After we have written them down, we will fold the card and cast it into the fire. That nasty weed will not steal more nutrients from our garden!

We say at the end of the full moon ritual: we came in love and we depart in love. By weeding the garden of our hearts, we increase our ability to come and go in love.

As you write, imagine drawing the weed from your heart. Look at what you have written, then fold up the paper. By burning the card, you will know that the weed has been plucked; it will not come to circle with you again.

Harvest time is a busy and very important time. We do not have the luxury of nursing old wounds—there are things to do! If we are to be able to nourish ourselves through the winter, we must cast the weeds from our garden to make room for actual crops! As Treibh, we can then enjoy our harvest, and enjoy each other. * **

[Richard] We call today on Erce *[AIR-chay]*, a Celtic/Anglo-Saxon harvest goddess whose name means “Earth as Lady”. She is a triple goddess whose name invokes earth magick.

We also call on the god Lugh *[Loo]*, bearer of light and skill, who brings us integrity and life-long learning.

CASTING *[All]*: This circle holds us as we remake ourselves. We are safe as Air moves us, Fire transforms us, Water shapes us and Earth heals us. The circle holds us, the circle holds us, the circle holds us. So mote it be.²

DIRECTIONS: *[Choose folks to do the four.]*

East – Gates of the East be open! I call the element of Air—inspiration and intellect—to be with us in our circle! So mote it be!

South – Gates of the South be open! I call the element of Fire—passion and energy—to be with us in our circle! So mote it be!

West – Gates of the West be open! I call the element of Water—movement and healing—to be with us in our circle! So mote it be!

North – Gates of the North be open! I call the element of Earth—strength and stability—to be with us in our circle! So mote it be!

Spirit – *[Jenna]* Gates of the Spirit be open in this place of transformation—within and without, above and below. As children of the Mother and Father, let us be here in this circle with the Source of all. So mote it be!³

INVOCATIONS *[All]*:

Goddess – Erce, Erce, Erce, Mother of Earth, Mother of Men—we hail Your growing fields! Hail Your tall stems and fine crops! Hail Your bread barley and fair wheat. Grace us with Your crops of the Earth, Erce the Mother of Mortals. Hold us in Your embrace, You who are the source of our sustenance!⁴

God – Lugh, Master of Artisans, leader of craftsmen, patron of smiths, we call upon You and honor You this day. You of the many skills and talents, we ask You to shine upon us and bless

us with Your gifts. Give us strength in skill, make our hands and mind deft, shine light upon our talents. O mighty Lugh, we thank You for Your blessings. ⁵

HARVEST: [*Denise*] Remake. Transform. Like the grain which disappears only to reappear next spring as growing green plants, there are things in our lives which may need to disappear for a time so that transformation can occur in our lives. Now we think of what we have been working on earlier this year. What is ready to come to fruition in your life? We will build some energy and then consider our own harvest. While we pass around the bowl, we will sing this chant [*go through chant once with Shae helping*]:

Our hands will work for peace and justice. / Our hands will work to heal the land. / Gather round the harvest table, / Let us feast and bless the land. ⁶

[*Jenna*] In the bowl are grapes—part of the first harvest. As we chant and the bowl comes to you, take two grapes and hold them in your hands. Think of what you want to reap in this time of harvest. When you have it firmly in your mind, eat one of the grapes—reap your harvest. Place the other one in the bowl on the altar as an offering and state what work you are going to do to ensure next year's harvest—what will YOU do for Earth? After all have done that, now is a time to voice what you wish for others. If you know someone is having difficulty, wish that it is resolved. ⁷

COMMUNION: [*Richard*] Grain to kernel, wheat to flour; life from death at harvest's hour; red the fruit and gold the meal; rebirth begins in commonweal. Hail the wine! And hail the cake! Hail the life we cannot take! ⁸ [*Yum! Sweet corn!*]

THANKING:

Goddess – Erce, Mother of Earth, Mother of Men—You have graced us with spiritual and physical sustenance. Mother of Mortals, continue to hold us in Your embrace. Blessed be!

God – Lugh, Master of Artisans, we honor You this day. We ask to be blessed with Your gifts. O mighty Lugh, we thank You. Blessed be!

Spirit – In this place of transformation, we thank Spirit for opening the way. Close your gate only if you must, but you are welcome to stay. Blessed be!

North – We thank Earth for giving us strength and stability during our rite. Close your gate if you must, but you are welcome to stay. Blessed be!

West – We thank Water for the healing and movement we felt during our rite. Close your gate if you must, but you are welcome to stay. Blessed be!

South – We thank Fire for the energy and passion we burned during our rite. Close your gate if you must, but you are welcome to stay. Blessed be!

East – We thank Air for the inspiration and intellect we felt during our rite. Close your gate if you must, but you are welcome to stay. Blessed be!

Opening the Circle [All] – They ripen fruit; They ripen seed; the God and Goddess fill our need.
This circle is open, but unbroken. May we harvest the corn, our hopes reborn. Merry meet and
merry part and merry meet again!⁹

¹ www.olycuups.org/LAMMAS97

* Foo, Danny and Kathy ** We will do this again soon within a cast circle at a full moon.

² Foo, inspired by the chant “Air moves us.”

³ Nicholas Sea, 2014, olycuups and Foo

⁴ Foo playing with the Second Merseburg Charm, England

⁵ from about.com

⁶ Song: Harvest Chant. Artist: Reclaiming (Featuring T. Thorn Coyle). Album: Second Chants (did in 2014)

⁷ adapted from our 2012 ritual

⁸ *Celebrating the Seasons of Life: Lore, Rituals, Activities, and Symbols* By Ashleen O’Gaea

⁹ don’t remember!