

Issue 4 Lammass 2011

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Lammas Celebration

Lammas is a time to celebrate the first harvest of the year on August 1. Farm fields are filled with first grain. Corn fields are abundant and green. Fields of wheat and other grains are ready to be gathered. Apples are starting to appear on trees and other fruit such as peaches, plums, and grapes are abundant.

Lammas is also a time to celebrate also what you have sown symbolically this year so far and seeing the first harvest of things in your life this year. This is a great time to sit down and look at what has been harvested in your life from the seeds you planted in the Spring, and what you would like harvest this Autumn season to come.

Make yourself a delicious meal of ripe late Summer fruits and grains to celebrate this first harvest. You can even have a potluck for Lammas and celebrate with friends. This is also a great time to bake fresh bread, make pies of late Summer fruit, and preserve jam.

Give thanks to the Goddess, Mother Earth for all you have harvested so far this year. You can even light a candle and offer some bread to the Earth and Her creatures some bread or fruit offerings.

As August marks the last full month of Summer think of what things you would still like to do and enjoy during this first harvest season. What would be fun, nurturing, and playful before Autumn comes?

Enjoy whatever way you celebrate Lammas and have a blessed first harvest!

© Maeve Clíodhna MoonBird

HP Maeve Clíodhna MoonBird is a High Priestess and Ordained Minister in the tradition of the [Order of the White Moon](#). She is also a certified Spiritual Counselor. Maeve enjoys an interfaith worship of the Goddess and is especially interested in Wiccan, Celtic, Native American, Shamanism, and Buddhist spiritual practices.

Harvest Moon Elemental Blessing Ritual

Items needed:

1 white Goddess Candle

1 Green Candle

1 Orange Candle

Object to represent the Harvest/Autumn Moon (pumpkin or apple)

Incense: Spicy Cinnamon

Oil: Orange or Cinnamon

Herbs: Frankincense and Myrrh

Take a cleansing bath

Prepare your Altar

Light the incense

Using your Athame or Wand, cleanse and bless Your Altar

Cast your Circle and close it.

Light the candles

Invoke the Elements:

"Guardians of the North, East, South and West come to me.

*Earth, blessed life giving earth,
Mother Earth
Bless me with your Divine Presence.*

*Air, our life force,
The very breath and inspiration of the Goddess
Be here with me.*

*Fire, By your Passion and Energy
Light the flame and spark the
Power within me.*

*Water, the Essence that flows
Through my veins
And Nourishes me
Bring the Power of the emotions
That I may be strong and humble.*

*Goddess,
Thank you for the passing of another cycle,
Summer with the warmth and beauty of Mother Earth blooming.
As Autumn has arrived and a new cycle begins,
Thank you for the bountiful Harvest of Mother Earth's gifts to us.
By the power of the Elements and the Goddess
Thank you for these Blessings."*

Thank each Elemental Guardian and the Goddess for coming.

The Circle is open but not broken.

So mote it be!

Now enjoy that Apple!

© Lady Zephyr

Lady Zephyr is a High Priestess, Ordained Minister and co-founder of the [Sisters Beneath the Whispering Willows school](#). She lives in Tupelo, Mississippi. She has 2 Children, 1 Step-daughter, 1 grandson and 3 step-granddaughters. She rides her own motorcycle and belongs to the Southern Cruisers Riding Club. All proceeds from their rallies and benefits go to St. Jude's Hospital. She is also a member of the Tupelo Area Pagan's Group.

Any Kindness I Can Show

We have beehives in our garden, very close to my plot, and the bees LOVE my flowers! They were there in droves yesterday, busily working among the mullein, lavender, thyme, and oregano blossoms. It was a good time for me to tackle one of the biggest garden projects I have during the summer: taking as many spider webs as possible out of my rosemary bush.

You may wonder why I do this, since in the past I've advocated the goodness of spiders and how they help gardens grow. However, you haven't seen the size of my rosemary bush or the number of webs in it! And I do it for a very specific reason; I do it for the safety of the bees. In the past year I've found an alarming number of honey bees caught in spider webs. I was able to save a few, but most were already dead by the time I found them. The worst was seeing a bee get caught and then grabbed by a black widow just as I was reaching to free it. My rosemary bush is between bloomings right now, which gave me the opportunity to clear out the webs without worrying about stabbing a bee or five with the pitchfork. I don't kill the spiders, I just remove the webs.

Sometimes we watch nature shows on TV and wonder whether we should cheer for the lioness that just killed a wildebeest so she and her cubs could eat, or feel sad for the wildebeest that died. Should we feel sorry for the cheetah that just lost its chance at a meal, even though we rejoice that the baby antelope escaped? What if we feel like doing both? And how many times have we wished that the people filming the documentary of the baby animal that lost its mother and is starving to death would DO SOMETHING, and screw "not interfering with nature"?? We are all part of nature; our actions cannot 'interfere' with something we are already connected with. Each time we see something happening that we feel badly about or that we think is wrong or unjust, we choose whether to step in and do something or to stand back and "let nature take its course". I choose to do something about the plight of the bees in my own small way, because I believe it's the right thing to do, and because I **can**. To adapt an old Quaker saying:

*"Goddess, if there is any good that I can do
or any kindness I can show to any fellow creature,
let me do it now. Let me not defer or neglect it,
for I may not pass this way again."*

© BellaDonna Oya

BellaDonna Oya lives in Hayward, CA, where she runs a small eclectic coven. Her hobbies are gardening, belly dance, crocheting, Renaissance fairs, travel, and cats (she has eleven). She has a Master's Degree in Anthropology, and is fascinated by mummies and ancient Egypt. She has traveled to Ireland, Jamaica, Eleuthera, and Mexico, and hopes someday to visit Crete, Malta, Egypt and Delphi. She is a Level II Adept of [The Sacred Three Goddess School](#).

Cumin

*Cuminum cyminum*L. *Apiaceae*

Planet: Mars

Astrology: Taurus

Protection and Magical Ceremony Herb

Most of us know the herb Cumin to be a kitchen herb for spice and flavor; there are many uses for this versatile herb. Cumin originated in Northern Egypt but is grown all over Asia and the Middle East.

Harvesting: the seed of this plant is what is used; you gather the seeds when the plant is ripe. The oil is then extracted from the ripe seeds. You can also use the seeds crushed into a powder; Cumin seed is used as a spice and is also found in Curry.

Medicinal Properties: Cumin is used to treat stomach issues such as diarrhoea, colic, toxins, antibacterial agent, can help with diabetes. Cumin is of benefit to the heart and uterus. It has been given to women during childbirth to increase milk production. Externally cumin is used in liniments for stimulating circulation.

Magical/Lore: Cumin is used as an aphrodisiac, protection, and magical herb. It is told that the Greeks saw this herb as a symbol of greed, or being out of balance through excess.

This herb can be used to promote a balance with mundane and spiritual work. Cumin provides protection for your home and the ones you love. Using a small pinch of the ground seeds have been used for spells for prosperity. Cumin has also been used to increase one's sexual desires.

Blessed Be.

© Diana Spirit Whisperer

Diana Spirit Whisperer is a Level 1 student of HP Etain Feohwynn with the Sisters in Feohwynn's Grove school. She has studied with various teachers of the Goddess spirituality for 15 years, and recently graduated with her doctorate in Naturopathy from Clayton College of Natural Health Studies.

The Goddess Where I Live

...if I ever go looking for my heart's desire again, I won't look any further than my own backyard; because if it isn't there, I never really lost it to begin with. - Wizard of Oz

Pilgrimages to sacred sites can be powerful, moving experiences. Connecting to Goddess in Her ancient places of worship transforms people. But for many of us, these exotic locations are not an option. The financial burden and the great distances to travel can make these journeys unattainable for most of us. And so, we need to turn our Goddess attention/intention a little closer to home. Awe and wonder of Goddess resides within us and can dictate how we see the beauty of Goddess in our environment.

I grew up in a small town in Northern Ontario, Canada. My Summers were spent hiking through forests or riding my bike. One of my favourite destinations was on the outskirts of town, along a dusty back road, where I would hang out by a meandering river, the hum of insects and the brilliant colours of wildflowers surrounding me. In these places I felt a sense of home, comfort, serenity. I did not realize then that Goddess was speaking to me. I simply knew I was home. I was often in solitude, but I never felt alone. Goddess lived here.

I eventually left that small town, moved to the big city. Toronto provided a number of opportunities and challenges. I awakened to the Goddess Path here, but I also lost my main connection to Nature. Living in a city can seem like a difficult place to search for Goddess. It is not practical or safe to do solitary rituals in local parks. One can turn off the phone, but meditations can be interrupted by sirens, noisy neighbours, the usual sounds of the city. It can be hard to find solitude amidst the busy-ness of traffic, people.

I sought out peaceful places, small parks adjacent to churches and cemeteries both seem appropriate settings for quiet contemplation. I found Goddess in the images and exhibits of museums and art galleries. I discovered Her in bookstores and libraries.

I would often take the local transit to the farthest reaches of the city, stopping along the shore of Lake Ontario, miles away from the bustle of downtown. I found Goddess in the stones of the beaches I walked upon. Sometimes I would find myself in a small park in a quiet neighbourhood. Sitting on a bench, feeding pigeons and squirrels, She was with me.

Cities may seem disconnected to Goddess, and yet, they provide an important resource, people. I connected with strong, empowering, nurturing Goddess women in the city. I became aware of my own Divine Self. I gathered with others for rituals, meditation and drumming circles, workshops. I sang, danced, painted in Her name. Goddess lived here.

Now that I live in British Columbia, I once again feel Gaia around me. In the cedar forests that surround my home, the river and mountains. I am in awe every day as I watch the transformation in Nature, in myself. I see Her when I look in the mirror, when I meet a friend, a stranger. And I have realized Goddess lives where I live.

We often look outside ourselves for the sacred, believing we need to go elsewhere to find Goddess. But She is within each of us, everywhere we look, everything we touch. Dorothy got it right, for truly, there is no place like home.

© Ajna DreamsAwake

Ajna DreamsAwake is an Adept of [The Sacred Three Goddess School](#). She is an eclectic Pagan, rediscovering Her Visionary Goddess Gifts.

OWM Happenings

High Priestesses Ka Wahine Ahi and Mystic Amazon, of [Sisters of the Rising Moon](#), are delighted to announce that their student Sea Dragon completed Level II of our Order of the White Moon teachings, and is now an Adept in the Order of the White Moon! Please see her wonderful Level II final project on Hecate, here: <http://www.orderwhitemoon.org/goddess/Hecate5.html>

High Priestess Kerritwyn Ceannaire, of The Sacred Three Goddess School, is so proud of the accomplishments of three of her students, this quarter!

First, White Water Dragon completed Level I of our Order of the White Moon studies, and is now an Initiate and a Lifetime Member of the Order of the White Moon! Please see her stunning Level I Final Project on Iris, here: <http://orderwhitemoon.org/goddess/Iris2/>

Second, Peace Whitehorse completed Level II of our Order of the White Moon studies, and is now an Adept of the Order! Please see her lovely Level II Final Project on White Buffalo Calf Woman, here: <http://www.orderwhitemoon.org/goddess/whitebuffalocalfwoman.html>

Third, Aethyia Danann completed Level II of our Order of the White Moon studies, and is also now an Adept of the Order! Please see her powerful Level II Final Project on Anu, here: <http://www.orderwhitemoon.org/goddess/Anu/holyanu.html>

All four of these women are dedicated, hard-working, inspired daughters of the Goddess, and we are so thrilled to see the results of their hard work and inspiration, in Her name!

[HP Kerritwyn Ceannaire](#) is the Head of the Order and the elected President of the Order's Board of Directors. She teaches White Moon Goddess studies in [The Sacred Three Goddess School](#), for women, and [Rainbow Moon School](#), for mtf transgendered seekers.

We Have Sown

*In our words and in our deeds, we have planted lively seeds.
The grain we cut to make our bread has grown from what we did and said.
Like the grain we too have grown; what we harvest is our own.*

*The sun is hidden in the corn in the spring to be reborn.
Gather in the golden grain well before the autumn rain.
Note ye well the price that's paid as you wield the reaping blade.*

We have sown and now we reap, harvesting the grain we eat.

© Literata

Literata is a student of the [Sisters of the Rising Moon school](#) who studies theology and enjoys developing poetry and rituals for devotion. She also keeps a blog at <http://worksofliterata.wordpress.com>

Where Womyn Gather Spiritual Festival

On June 9 - 12, 2011, I attended the Where Womyn Gather spiritual festival in the Pocono mountains of northeast Pennsylvania. This was an awesome retreat!

Hugs were given all around by the staff at the gate. We were welcomed like royalty! All the meals are vegetarian. A Hearth Chant was sung at meal times: "*Let the womyn feed you, let the wisdom feed you, let the *clap* *clap* witches feed you!*"

The festival begins with the lighting of the sacred fire, and there was singing and chanting and spiralling around the fire pit. After the lighting of the sacred fire, was the opening ritual where everyone danced with white scarves.

I walked around the camp and just enjoyed the energy of all the womyn together in one place. It was incredible energy and you could feel it everywhere.

Reiki workshops and a vendor area are just two of the offerings available. I went to a Reiki Share where people came in who wanted Reiki done on them and I participated in the laying on of hands. I had a turn on the table too, and the only thing better than giving Reiki is getting Reiki. It is so calming and relaxing and just a wonderful experience

It was an incredible four days and I would like to do it again!!!

Here is the link for Where Womyn Gather: <http://www.wherewomyngather.com/>

© Peace Whitehorse

Peace Whitehorse is an Initiate in [Order of the White Moon](#) and a student in [The Sacred Three Goddess School](#). She lives in Pennsylvania with her husband and three Shetland sheepdogs.

Enjoying and Storing the Harvest

Since I don't have a garden, I support my local farmers market. I use a lot of tomatoes making sauces and soups and I want fresh tomatoes. A small freezer will go a long way.

I buy about 10-15 lbs of tomatoes, wash them well, pat dry and place them on paper to finish ripening if needed.

Using Gallon size freezer bags, just fill the bag full of tomatoes, label bag with the date and put in the freezer.

You can take out however many you need and reseal.

Just run the tomatoes under warm water for a few minutes and the peeling usually just falls off without having to use a peeler/knife

Then you can cut the tomatoes in chunks or use whole.

They taste just like they came out of the garden. These are used for cooking not eating fresh.

So easy!..Beats canning any day!

You can do the same with squash, wash and cut up and put in freezer.

Add cornmeal and a tad of flour to okra, place in a bag, shake to coat well. Then come winter, all you have to do is pull it out thaw and fry.

Cucumbers are awesome fried. Take the skin off and slice like a green tomato, mix with cornmeal and a little flour. Get oil hot and fry. They taste just like fried green tomatoes without the bitter taste sometimes fried green tomatoes have.

Bell peppers freeze great....as do peas, beans and corn.

Come Winter months, what a treat!

Blessings!

© Lady Zephyr

Lady Zephyr is a High Priestess, Ordained Minister and co-founder of the [Sisters Beneath the Whispering Willows school](#). She lives in Tupelo, Mississippi. She has 2 Children, 1 Step-daughter, 1 grandson and 3 step-granddaughters. She rides her own motorcycle and belongs to the Southern Cruisers Riding Club. All proceeds from their rallies and benefits go to St. Jude's Hospital. She is also a member of the Tupelo Area Pagan's Group.