

Issue 4 Lammas 2012

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Lughnassad (August 1)

Lughnassad, Lughnasadh or Lammas is celebrated by some covens on August 5, the date of Old Lammas, when the sun is at 15 degrees Leo. This Sabbat commemorates the funeral games festival of Lugh. Lugh is said to have held the first festival in honour of the death of his foster-mother, Tailte. It is a Sabbat celebrating life, strength and family. In Ireland, it is the traditional date for handfastings, as well as the Tailtean craft fairs.

Lughnassad is also a celebration of the first harvest of the year. This is when the spring plants and trees drop their fruits and seeds, and the first crop of grain is harvested. It signals the first signs of autumn, with the Sun God entering his mature years. He symbolically loses strength each day, as the nights get longer. The Mother Goddess is now glowing in her pregnancy, and life and abundance are everywhere.

Deities: Lugh, Apollo, Hercules, Demeter, Ceres, Gaia, Dana

Colors: yellow, orange, red, green

Foods: apples, grains, breads, berries, grapes, pears, barley soups, beer, mead, wine, apple cider

Herbs/Flowers: all grains (protection), grapes (fertility, garden magick, money), heather (protection, rain-making, luck), blackberry (healing, money, protection)

Trees: apple (faery folk, love, healing), pear (lust, love), oak (the God, protection, health, money, fertility, luck), elder (the Goddess, protection, healing, prosperity)

Incense: aloe (protection, luck, healing), rose (love, enhance psychic powers, healing, luck, protection), sandalwood (protection, wishes, healing, spirituality)

Crystals: carnelian (protection, peace, eloquence, healing, courage), bloodstone (healing, victory, courage, legal matters, wealth, strength, business, agriculture), yellow topaz (protection, healing, weight loss, money, love)

Activities include harvesting and feasting on the fresh crops. Saving the seeds of ritual fruits and planting them to honour the God and Goddess. Athletic games and Nature hikes, craft fairs and Handfastings.

Mabon (Approximately September 21)

Mabon is also known as the Second Harvest Festival, the Wine Harvest, the Feast of Avalon, Equinozio di Autunno, Mea'n Fe'mhair, Cornucopia, and the Autumnal Equinox. This Sabbat is held on the Fall Equinox, varying from year to year but usually occurring between September 20 and 23.

On this Sabbat, night and day are in perfect balance. The Moon Goddess' power is growing, however, with the Sun God weakening, as the days grow shorter and the nights grow longer.

Thanks are given to the waning sun for the harvest. Offerings of cider, wine, herbs, or fertilizer are given to the Green Man and the Nature Spirits. The Goddess is aging, entering her phase as the Crone, and she prepares for the death of her consort, the Sun God. This is an ideal time to finish any old business, relax, and reflect on the past year.

Deities: Thoth, Thor, Hermes, the Green Man, Morrigan, Epona, Rhiannon, Persephone, the Muses

Foods: wine, gourds, grains, corn, apples, pomegranates, dried seeds, breads, vegetables, fresh meats

Herbs/Flowers: pinecones (fertility), acorns (fertility), ivy (protection, healing), Benzoin (purification, prosperity), fern (rain-making, protection, luck, wealth, health), grains (protection), honeysuckle (money, enhance psychic powers, protection), marigold (protection, prophetic dreams, legal matters, enhances psychic powers), myrrh (protection, healing, spirituality), passion flower (peace, sleep, friendship), rose (love, enhances psychic powers, healing, luck, protection), sage (longevity, wisdom, protection, wishes), Solomon's seal (protection), tobacco (healing, purification), thistle (strength, protection, healing)

Incense: myrrh (protection, healing, spirituality), sage (longevity, wisdom, protection, wishes)

Colors: red, orange, russet, maroon, brown, gold

Crystals: sapphire (enhances psychic powers, love, meditation, peace, defensive magick, healing, money), lapis lazuli (healing, joy, love, fidelity, enhances psychic powers, protection, courage), yellow agate (strength, courage, protection), yellow topaz (protection, healing, weight loss, money, love)

Activities include enjoying the second harvest and feasting with family and friends. Or perhaps performing rituals of harmony and balance, and paying homage to the aging deities. It is a good time to practice spells for protection, prosperity, or confidence.

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[Moonwater Chalcedony Ashwood](#) is a High Priestess, Ordained Minister and co-founder of the [Sisters Beneath the Whispering Willows school](#). She lives surrounded by the beauty of Central Ontario, Canada with her husband. She has a BA in Honors History. She is a Reiki Master, writer, and family historian. Originally initiated into Celtic Wicca, she now practices Eclectic Wicca, leaning strongly towards the Goddess in Her various aspects.

Iniskim Umaapi

In the remote Eastern region of Alberta, Canada, lies an ancient Temple Complex known as the Majorville Medicine Wheel (Iniskim Umaapi). It was created more than 5,000 years ago by the Oxbow First Nations, and has been in almost continuous use since then. It is likely the site was used for many different functions and rituals over its vast lifetime. Although it seems to have served predominantly as a site for religious ceremony, it also appears to be an astronomical observatory.

Dr. Gordon Freeman, Professor Emeritus at the University of Alberta, has been studying the site for many years and has come to some startling conclusions. Dr. Freeman believes this site is an ancient calendar which would make it one of the oldest accurate calendars ever recorded. This massive stone structure predates Stonehenge, the complex Mayan calendars, and the Dendera calendar in Egypt.

The site itself is 19 Sq. miles, with the main central cairn an astounding 30 feet in diameter. Surrounding the cairn is a stone circle nearly 90 feet across. 28 "spokes" connect the stone circle to the inner cairn. Smaller cairns are found in the hills in surrounding the site and appear to be aligned to various constellations. Other stone works appear to be representations of the Sun, Crescent Moon and Venus.

The main cairn has become known as the Sun Temple. Four of the spokes are aligned with the four directions. Other spokes appear to be observation lines for the Summer and Winter Solstices. The 28 spokes are indicative of a Lunar aspect. The calendar marks the monthly cycle of the Moon, as well as the 19-year Lunar cycle.

As with many indigenous societies, the Oxbow Plains Indians viewed the cosmos as a living womb, with Mother Earth nurturing them through their lives. The Divine Feminine was recognized as the source of human, animal and vegetable life.

The First Nations of the Great Plains tended to be matrilineal, with women serving as equal partners in the affairs of the tribe. Tipis, their contents, food supplies and even horses were owned by women, and it was the women who decided where the tipi would be pitched as the nomadic peoples made camp. When a daughter married, the husband moved in with the wife's family, until enough supplies could be gathered for the couple to move into their own tipi.

Although the men of the tribe were the primary hunters, once harvested, the slaughtered animals became the property of the women of the tribe. As well, the women gathered berries, herbs and cultivated gardens. They used these opportunities to teach the younger women the healing properties of various plants.

The Majorville Medicine Wheel is a wonderful example of the creative and intellectual abilities of our First Nations Peoples. We should feel honoured they have shared their land, and their heritage, with us.

<http://lewisandclarktrail.com/section2/earlybotanists.htm>

<http://canadastonehenge.com/2009/01/sun-temple-discovery-in-alberta-informs-stonehenge-research/>

© Ajna DreamsAwake

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

White Moon Happenings

Our two newest High Priestesses, Literata of VA and Peace Whitehorse of PA, are continuing to explore how to manifest their Ministries, both within the Order of the White Moon community, and in their own neighborhoods! HP Peace Whitehorse has just been appointed to the Board of Directors of the Order, and will serve the Order and our wider community as our VP of Outreach for the [Weekly Tarot Zodiac](#).

Thank you, Peace!

The High Priestess Council is also delighted with the progress of Level IV student, Priestess Aethya Dannan, who is doing the hard work of our preparation course for legal Ministry and elevation to High Priestess!

In addition, [Rising Moon](#), [Beneath Whispering Willows](#) and [Sacred Three](#) were all delighted to welcome new students, this quarter!

HP Kerritwyn Ceannaire is the elected President of the Board of Directors and the Head of the Order. She teaches White Moon lessons to women in [The Sacred Three Goddess School](#), and to male-to-female transgendered seekers in the [Rainbow Moon School](#).

Mabon Thanks

As the colors fade, Summer sleeps, Autumn wakes.

Yellow to gold, green to brown.

Flourishing field to barren earth.

Kernel to corn.

Pit to peach.

Succulent fruits, hearty grains.

Fragrant herbs, savory spices

To our Mother Earth we give thanks.

Our harvest was plentiful.

With others we share our abundance.

The last sheath has been cut; now we celebrate our bounty.

Light the bonfire and let us dance; rejoice and give thanks.

Break the bread and let us feast upon our grains and replenish our strength.

Pour the mead and let us quench our throats, dusty from the fields.

As the Sun sets and the Moon rises,

Let us honor Saturn, the Sower of Seeds and Rhea, the Goddess of Plenty.

Our harvest blessings are many; for that we are both thankful and gracious.

© Bella Branson September 2011

Bella is a Student in [The Sacred Three Goddess School](#). Her interests include different Wiccan and Pagan Traditions. She loves Family and Friends, Books, Movies and Music.

I am the Queen

*I am the Queen of the East you see,
And the Fairies dance with mirth and glee!
The Sylphs and Zephyrs ride the Air,
And wand and incense both are there.
Dawn and Spring, and crimson hues,
White and yellow and light blue.
Wind and Breath, the Aspen tree,
Topaz gems and Birds and Bees.
Intellect, Truth, Ideas, Thought,
Travel, Freedom, Find the Lost.
Eurus wind and sense of smell,*

Clear your mind and ring the bell.

I am the Queen of East you see,

Drop your cares, come dance with me!

I am the Queen of South and Fire,

Spirit, Blood, Life, Will and Ire.

Salamander, Firedrake,

Flames they rule and coals they rake!

Red and Gold, Orange and White,

Opals and the sense of Sight.

Notus wind and Vision work

The Almond tree in bloom, the Dirk.

Athame and Sword, Candles and Heat,

Summer's Noontime warm and sweet.

Illumination, Learning, Will,

Purification, Heal the Ill.

I am the Queen of South and Fire,

Come to find your heart's desire!

I am the Queen of the West you know,

Where waves roll in and waters flow.

Emotions, Feelings, Love, the Tides,

*Lakes and Pools where Water bides.
Twilight, Autumn, Cauldron, Cup,
And Willow tree is springing up.
Undines, Nymphs, Mer-men and -maids,
All of them the Mother aids.
Wind of Zephyrs, sense of Taste,
Aqua gems around your waist.
Blue-green, Indigo, Black and Gray,
Sleep and Dreams and End of Day.
The Queen of the West I am, 'tis true,
In all these things I'll be with you.

I am the Queen of North and Earth,
The moorlands that surround the firth.
Midnight, Winter, Mountains too,
Stones and rocks, the Cow and Bull.
Gnomes and Dwarfs and Trolls, oh my!
Boreas and Ophion winds rush by.
Sense of Touch and tree of Oak,
The Crystals that adorn my cloak.
Ivy, Wheat and Rye and Comfrey,
Corn and Oats and Rice and Barley.*

*Treasures, Wealth, Success and Work,
Money and Riches around you lurk.
I am the Queen of North, I say,
Black, Brown, Green and nought of day.*

*I am the Queen of your Inner Soul,
I love you true and make you whole.*

*I am the moon a-riding high,
Lighting up the nighttime sky.*

*I am the Mother, Maiden, Crone!
I'm everywhere, I am your own.*

*Within you and without I live,
To you dear child my all I give.*

*The Triple Will, The Goddess free,
I give my love and grace to thee.*

*I've many names and faces too,
I pluck the stars to hand to you!*

*I am the Goddess, know you Me,
Forever bless and worship Me.*

Peace Whitehorse is a High Priestess of the [Order of the White Moon](#) . She lives in Pennsylvania with her husband and three Shetland sheepdogs.

Summer Day-Dreaming

"I must have been dreaming,"

I muttered to myself with

A sigh. I had been having

Such a wonderful fantasy.

I was a bard, free to roam

The Irish countryside,

Wondering who I would

Meet next to tell my tales to.

Funny how one's imagination

Exaggerates our true desires.

Certainly my heart would

Love to travel all over the world,

But you are happiest when

You're by yourself with me,

Surrounded by our love.

Why, I could never wander

The world without you there

*To hold me, so full of love
That it never ceases to amaze me.
The setting sun right now is so
Beautiful, brilliant shades of red
And orange, yellow and pink
That soon I'm starstruck.
I blink my eyes hard,
Fully awake now,
Thinking that I have a
Mouthful of pink cotton candy
From the carnival, but then
Something shiny catches my eye.
It's the tags on the collar
Of my cat. That's not
Cotton candy after all, it's
Fresh summer grass.
I can't help but laugh though,
And go back to watching
The clouds float by,
Taking me away on my
Next summer day-dream.*

© Jennifer Runham-Stark June 17, 2007

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White Moon Cider

Ingredients:

4 cups apple cider

4 cups grape juice

1 tsp cinnamon

1 tsp allspice

1/2 tsp whole cloves

Cinnamon sticks

In a 4-quart saucepan, heat cider and grape juice over medium heat. Add cinnamon, allspice and cloves.

Bring to boiling, stirring frequently. As you stir, clockwise, visualize the attributes you'd like to bring into your life (wisdom, healing, protection, connection to Goddess...). Lower heat and simmer for 5 minutes.

Ladle into cups and add a cinnamon stick for stirring.

Makes 8 cups.

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Ajna DreamsAwake is an Adept of [The Sacred Three Goddess School](#). Ajna works with vibrational medicine and toning to heal the Earth's Children. She is an eclectic Pagan, rediscovering Her Visionary Goddess Gifts.