

LAMMAS/MID-SUMMER RITUAL

July 31st/August 1st

Lammas marks the midway point of Summer, and is known as the day of first harvest, as many trees and plants are beginning to bear fruit. Traditionally, this was when the first wheat or grain crop would be harvested. Early Christians celebrated Lammas by baking bread from this freshly-harvested grain. The loaves were then laid upon the altar at church to be blessed. *If you'd like to conduct your ritual with a group, I've provided additional instructions in red.*

1. **Gather items.** Gather items to represent the harvest (stalks of grain, ears of corn, sunflowers, fruits and berries, hazel branches, etc.). If you'd like to create a broom as described later, be sure to gather enough twigs or branches, as well as some ribbon or twine. *Each person should bring something to the ritual that they've gathered. One person should bring a loaf of freshly-baked bread. Another can bring some butter or jam, and another something to drink.*

2. **Perform a cleansing ritual/prepare your space.** Prepare yourself and clean your space by doing one or more of the following:

- Wash your hands or take a bath/shower. Consider dressing in gold or red to honor the beginning of the season of harvest.
- Burn sage or diffuse essential oils (good choices for Lammas are sage, calendula, mint, lavender and meadowsweet).
- Play high vibrational music, strike a crystal bowl or bells, or tone with your voice.

If you have an altar, place your items on your altar. *Sit in a circle and place the items you've brought in the center.*

3. **Create a sacred container.** *If you're conducting your ritual with a group, one person can guide the group, but everyone should also individually connect with the earth and sky. For the invocations, one individual can say them, several can share the task, or everyone can say them together. Each person should also feel how their hearts sit in the center of it all. You can also connect each of your hearts to each other by imagining sending a line of light into the center of your circle...oftentimes, this happens without any conscious effort. Hold hands if you like.*

Connect with Mother Earth and the Divine Feminine and all the earthly guides and guardians by sending love from your heart down into the earth. Connect with Father Sky and the Divine Father and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens. If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space ritual](#), speak them now. As you speak each invocation, light one of your four candles. If you haven't written your own invocations, try

these:

- I call upon light and air at the east, the direction of springtime and the rising sun.
- I call upon light and fire at the south, the direction of summer and midday.
- I call upon light and water at the west, the direction of fall and the setting sun.
- I call upon light and earth at the north, the direction of winter and midnight.

4. **Speak your intentions.** At Summer Solstice, we opened to abundance. If you wrote an intention at that time, reflect back upon it now. See how your intention is beginning to bear fruit. Acknowledge and give thanks for any gifts that have come your way since that time.

If you did not write an intention at that time, you can say a prayer, recite a poem (such as Weaving the Harvest by Katrina Rasbold below), or simply acknowledge now what you're here to celebrate (such as, "I come today to celebrate the season of abundance and the time of harvesting. I offer thanks for the gift of nature's bounty."). Ask your guides, ancestors, guardians and angels to assist and support you in opening to receive the abundance already present in your life.

5. **Symbolically honor the time of harvest.** At Lammas, we gather abundance, give thanks and open to receive. One way to symbolically honor the harvest and make room for more abundance to flow to you is to create a hand-broom and use it to sweep the area in front of your front door. To create a hand-broom, harvest twigs or branches and tie them together with some twine or ribbon at one end. Standing at your door or at a window, use the hand broom to symbolically sweep blessings into your home. As you sweep, say "I thank the earth for her gifts. I welcome more to my door." *If you're performing your ritual with a group, now is the time to cut the bread, and pass it, along with any butter or jam, around the circle. Do the same with whatever drink has been supplied. As each person passes the gifts, you may say to the next person, "I offer you the gifts of the first harvest." Enjoy the gifts together.*

6. **Offer thanks.** Thank the elements and the directions, the Earth, your guides, guardians, and ancestors. Extinguish all candles and end by offering your blessings "for the highest good of everyone."

WEAVING THE HARVEST: A LAMMAS POEM

Katrina Rasbold

*We know that every grain and seed
Is a record of ancient time,
A promise of all that's yet to be
And what I claim as mine.
As the grape shall change to become the wine,
I change in the cauldron of life.
I'll drink of the wine of enchantment
And learn from the lessons of strife.
Within all forms is locked the path
Of future, present and past.
The Ancient Ones who spin our fates
Lay blessings on us at last.
Having planted once my future goals
They now come to fruition
I spoke aloud and Goddess heard
Giving birth to my ambition
In concert work and concert weave
New patterns to my life
I open heart to greatest good
And banish pain and strife.
On Lammas now I reach to sky
My faith on solid ground
I welcome Harvest to my life
Where blessings shall abound.
By oat and grain and wheat and corn
By Air, Fire, Water, and Earth
By sword and chalice, hoof and horn
The Harvest now is birthed.*

From Patheos <http://www.patheos.com/blogs/energymagic/2015/07/weavingharvest/>