



Lughnasa (Lammas) Reflections

August 2015

Thanks to all the enthusiastic participants in our Lughnasa Celebration and Dance. Here is the altar with the sunset shining in, participating in the decorations! We had an unforeseen, last minute, change of venue, so gratitude to everyone, especially to Libby, for your flexibility and help in a quick and efficient adaptation! Great appreciations to our terrific musicians: Hayat on flute, Farrunnissa on drums, Mark and Hamid on guitars; to Hayat who co-led the dances with me; to Katja for reading us her lovely poem.

At the Lughnasa cross-quarter we celebrate the fruition of the partnership of the Sun and the Earth in the form of Celtic Lugh, the "Shining One" and his foster mother, Tailtiu, the "Great One of the Earth," the first harvest of the grain, our harvest of delicious corn. Lughnasa is traditionally a time for berry picking, so we also honored the thirteen species of wild blueberries native to NC.

In sharing communion, we honored the sun god and the sacred grain, which we sacrificed to die and be reborn in our lives. It's true. When we eat the grain we consume

the sun, and its warmth then emanates from our bodies and from our hearts. At Lughnasa we also celebrate the fruition of our own creative flowerings. (*Hoof and horn, all that dies shall be reborn...Corn and grain, all that falls shall rise again...We all come from the Goddess, and to her we shall return...*)

Here is cornbread Lugh looking particularly robust this year:



A bee pollinating one of our native species of sunflowers, which graced the altar.



At Lughnasa in ancient times, communal games were played and creative skills were shared. We have developed a tradition of playing a game in which groups of participants each create a poem or incantation and then dance them out for the community. Even though each person can only see the last line written before adding a word or phrase of their own, there are delightful results. All were wonderful. Here are two of them:

The river runs deep

Gurgling, gurgling, gurgling

Endlessly winding a beautiful path

In the meadow listening to the sounds of the earth

I decide to take a nap.



Gurgling, gurgling, gurgling

In gladness we sing and dance

In honor of all that is.

Deep gratitude

Abundant blessings ever flowing

Happiness running in a circular motion

Circles joining, only one circle.



Happiness running in a circular motion

Two of the groups wrote lines about the full moon. In the Dances that followed we honored the recent, glorious, full Blue Moon, dancing Kathleen Hannan's lovely No Part Left Out. (*Watching the moon at midnight, alone, in the middle of the sky I saw myself completely...I knew myself completely, whole, no part left out.*)

May we all join in one circle, whole, no part left out.

Love, Hakima Betty Lou

Mark your calendar!

The next **SpiritandNature** Cross-quarter Celebrations sponsored by the Ziraat Circle of the Rose Heart Sufi Community are:

Samhain

Sunday, November 1, at OneSpirit in Pittsboro.

Imbolc

Saturday, January 30, at Church of Reconciliation in Chapel Hill

The **SpiritandNature** cross-quarter celebrations are transformative eco-psycho-spiritual events. They are inspired by Celtic myth and legend, but they share consciousness of the continuity of earth and spirit with worldwide indigenous/animist cultures. In them we aspire to bring to the community an opportunity to share experiences of nature infused with Spirit through poetry, crafts, live music, circle dances, song, story, ritual, and ceremony. We honor the physical ecology (the plants, animals, and geology) of this, our native Place, and the tangible presence of the sacred at these spiritually potent times.