

Lammas Ritual

August 1st 2020

Rockhaven Ecozoic Center

I. Opening

Light the candle, and say:

The Wheel of the Year has turned once more,
and the harvest will soon be upon us.

We have food on our tables, and the soil is fertile.

Nature's bounty, the gift of the earth, gives us reasons to be thankful.

Mother of the Harvest, with your sickle and basket, bless us with abundance and plenty.

II. Honoring the Harvest of Grains

- Grain is at the heart of [Lammas](#), and the beginning of the harvest season is a milestone in many societies. Once the grain is threshed and milled, it is baked into bread and consumed, honoring the spirit of the grain god. This ritual celebrates the harvest and the sacrifices we make each year, as well as the sacrifice of the grain god.

Prayer:

We call to the Guardian of the Fields and the Bringer of all Bounty, the Silver Moon who guards our gardens and the Earth Mother whose womb is the source of all life... be with us now. Reveal to us the mysteries of the seasons and the turning of the Wheel of the Lammas Season. Bless the grains and gifts of the land, the water, and the fire – ingredients for the Bread that will provide strength and sustenance in the days ahead.

Break bread into four pieces in honor of the four directions

- In times long ago, upon the start of Lammas, families would rise with the dawn and head down towards their fields of grain. There they would pick the first ripe corn and then return to their home, grinding the grain and then baking it. The bread was then scattered around the house as a deterrent against wickedness and evil. Today, we can use corn kernels to cast protection for ourselves, loved ones, and community.

Take a small handful of the corn. Receive the gift of grain! Fill the kernels with positive energy while saying/chanting:

Lammas Day, Lammas Night, the grain is ripe
Lammas Day, Lammas Night; all free of blight
Lammas Day, Lammas Night, our future is bright!

Lay a kernel or two at the four corners of your house/room. Put some corn kernels on your own altar as well.

III. Lammas Meditation

- Sunlight is noticeably beginning to decline as the Wheel of the Year turns toward the dark half of the year. First Harvest or Lammas celebrates the fertile Earth Mother, abundant with life as evidences by the golden fields of grain and the ripening fruits of Autumn. In the mythic cycle of the Goddess, we joyfully celebrate the fullness of Mother, whose cornucopia of love pours forth blessings of food and beauty for her daughters and their children.

- While First Harvest initiates the season of plenty, it is also a time of sacrifice to the Goddess in Her aspect as Reaper. What needs to be weeded, thinned, cut away or prioritized, so that your full harvest is insured?
- Unless you grow your own food, your metaphorical personal harvest is that project or life goal that you set into motion, nurtured along, worked hard for, and are now manifesting. Make a festive meal from the gifts of Her fields, and taste the Life force in all her glory.
- How do you share your personal abundance with others? In what ways can you demonstrate your love of the Earth by protecting Her and Her creatures?

You may eat the bread at this moment while pondering on the questions.

- Excerpt adapted from *Women's Rites, Women's Mysteries* © Ruth Barrett 2004

Lammas Song / Prayer

Give thanks for the blessings, give thanks for the lessons
 Give thanks for all that the Goddess provides
 Give thanks for the showing, our dreams are now growing
 Give thanks for the presence of the Goddess in our lives
 Thank You, thank you, O Great Mother Thank You.

With the first Green Corn our dreams are now taking form
 We ask for the strength to see the true harvest born
 Mother of the Corn, of Hoof, and of Horn
 We thank you for the bounty you've brought to our door.
 Thank You, thank you, O Great Mother Thank You.

Mother of the Grain, of the Sun and of the Rain
 We pray for an abundant Harvest again
 We give thanks for the Blessings, give thanks for the lessons
 We give thanks for all that the Goddess provides
 Thank You, Thank you, O Great Mother Thank You.

- Lisa Thiel