

## **MABON 2014**

*(Ritual written & led in Sydney by Wayne, led by Samantha in Nowra on 14/3/2014)*

Close circle. "By the power of Earth, Sky and Sea may this circle be blessed cleansed and sanctified."

HOST: "The wheel of the year turns. We have finished our harvests and are prepared to rest and wait for the spring to return. The summer god rests in the underworld, and the earth mourns his passing, casting the land in colours of yellow, red, orange and brown laying down her earthy tears to blanket and bring comfort to her saddened heart."

### **Calling the Goddess**

Modron – MOHD-ron

"Great Mother, Modron we call to you. We beckon you to join us here in our sacred circle. You the Dark mother of the earth who bore a son of light. Bring us the balance of light and darkness. We wish to honour you here tonight. Hail and Welcome."

ALL; "Hail and Welcome."

### **Calling the Green man**

"The Green man, Cernunnos, Great stag God, Lord of the forests and the green woods, We call to you to join us in our celebration of mabon, bring us the fruits and nuts of your wealthy wildwoods to help us be sustained through the winter long. Hail and welcome."

ALL: "Hail and Welcome."

HOST: light the white candle and say, "A balance of day and night, a balance of dark and light, a white candle to bring love and joy."

Light the black candle and say, "A balance of day and night, a balance of dark and light, a black candle to rid us of pain and suffering."

EAST: "Blessed be the great powers of air, come to our circle, blow away the dust of summers turmoils and lend us your power and protection tonight. Hail and Welcome."

ALL: "Hail and Welcome!"

NORTH: "Blessed be the great powers of Fire, come to our circle, burn off any doubts and fears we may be carrying and lend us your power and protection tonight. Hail and Welcome."

ALL: "Hail and Welcome!"

WEST: "Blessed be the great power of Water, come to our circle, wash away all guilt and unwanted feelings and lend us your power and protection tonight. Hail and Welcome."

ALL: "Hail and Welcome!"

SOUTH: "Blessed be the great power of Earth, nurture, and replenish us. Lend us your power and protection tonight. Hail and Welcome."

ALL: "Hail and Welcome!"

Host: "I stand before you as a bard, may my voice be pulled up through the corridors of the past and echo to the future. My memory reaches through the

mist of time from ancient memories through to events still to come. I ignite the spark of vision and recollection. Remember now the ancestors of your line. Those who built and suffered so that we may be here today. Eat this apple and drink this cider with the thoughts and respect of those now gone."

***Make the corn dollies and then Meditation.***

SOUTH: "Blessed element of Earth. We thank you for lending us your powers and protection tonight and we thank you for your aid by stability and growth of our spirits, go now in peace and with our love. Hail and Farewell."

ALL: "Hail and Farewell!"

WEST: "Blessed element of Water. We thank you for lending us your power and protection tonight and we thank you for cleansing our spirits, go now in peace and with our love. Hail and Farewell."

ALL: " Hail and Farewell!"

NORTH: " Blessed element of Fire. We thank you for lending us your powers and protection tonight and we thank you for your gift of burning passion deep within our heart. Go in peace and with our love. Hail and Farewell."

ALL: " Hail and Farewell!"

EAST: " Blessed element of Air. We thank you for lending us your power and protection tonight and we thank you for your endless breath of inspiration. Go in peace and with our love. Hail and Farewell."

ALL: "Hail and Farewell!"

**Closing God**

" Cernunnos, Great stag God, Lord of the forests and the green woods. The Green man, thank you for your bounty over the summer and thank you for your presence tonight. Go now and rest in safety during the winter, we will see you again soon. Hail and Farewell.

ALL: "Hail and Farewell!"

**Closing Goddess**

"Great Mother, Dark Mother of the earth, we thank you for joining us here tonight, We see the balance of light and dark and Thank you for your presence here tonight. Hail and farewell."

ALL: 'Hail and Farewell!"

Open circle.

**HAPPY MABON.**



Nowra SOL's Mabon Altar (above, and below with corn dollies)



Sydney SOL's Mabon altar decorated with corn dollies.



## **Notes for the host of the ritual....**

*(Read this out to the group while they are making the corn dollies)*

### **Mabon introduction**

Welcome to the Mabon ritual, the Irish druids called this celebration “ Mea’n Fo’mhair “ and the Welsh druids called it Alban Elfed meaning “ The Light of Autumn.” This celebration is the second harvest falling on the Autumn equinox. This is the time of year when the heat of summer begins to leave us and the darkness of night starts to grow longer. Corn dollies were made to keep bad spirits out of the home during the long winter and apples were placed upon the burial mounds of ancestors to symbolise rebirth and thanks. Remembering that the ancestors paved the way to grant their children life. The use of apples at this time also represented the wish of the living to one day be reunited with their loved ones who have past on.

Mabon was the time of the second harvest, the last harvest to sustain the people throughout the winter while the harvest was collected it was a time of reflection of the last winter and the hardships that it held then and remembering the joys of summer just now beginning to leave. Memories which will be needed to help get through the tough long winter cold.

### **A tale of Mabon**

Mabon was the son of Modron whose name means “son of the greatmother”. In the tale of Mabon son of Modron he was taken from his mother when he was just three days old. There is a tale in the Arthurian myths where a party of his subjects go looking for him. The party consisted of a druid Gwrhŷr who could speak all the languages of men and animals, They first went to speak to an mountain black bird. Gwrhŷr asked the blackbird “do you know anything of Mabon, son of Modron, who was taken from his mother when he was just three days old?” The blackbird answered “ When I first came here, there was a smith’s anvil over there. No work had been done on that anvil saved by me sharpening my beak on it every night. There is not so much as a nut of that anvil left and in all that time I have never heard of the man you seek. But I do know of one older than I and I will take you to him.” The black bird took them to the old stag of Redenvre. Gwrhŷr asked the stag “ Do you know anything of Mabon, son of Modron, who was stolen from his mother when he was just three days old ?” The Stag answered “ When I first came here there was only a single antler on either side of my head and no tree grew here save a single oak tree. That oak grew into a large tree with a hundred branches. Long ago that tree fell and now nothing of it is left except for that stump. In all that time I have never heard of the man you seek. But I do know of one who is older than I and I will take you to him.” The Stag took them to the Owl of glen Cawlwyd. Gwrhŷr asked the owl “ Do you know anything of Mabon, son of Modron, who was taken from his mother when he was just three days old?” The owl responded “ When I first arrived

here this valley was just a wooded glen. Then the race of man came and destroyed it. Then a second forest grew up. This forest you see today is the third such forest. As for me, my wings have worn down to nothing but stumps. In all that time I have never heard of the man you seek. But I do know the oldest creature in the world and the one who have travelled the most and I will take you to him." The Owl took them to the Eagle. Gwrhyr asked the Eagle " Do you know anything of Mabon, son of Modron. Who was stolen from his mother when he was just three days old?" The Eagle answered, " I came here long ago and when I first came here I had a mountain that I would peck at each night. Today that mountain is but a stone no bigger than a mans hand. In all that time I haven't heard of the man you seek, except when I went hunting in lake llyw. There I sank my claws into a large salmon, so large I thought it would feed me for a month. That salmon put a fight and dragged me into the water, there it could have drowned me but instead asked to live in peace, later it came to me to have fifty tridents pulled from its back. Maybe he knows of Mabon son of Modron." The Eagle then took them to the Salmon of lake llyw. Gwrhyr asked the Salmon " Do you know anything of Mabon, son of Modron, who was stolen from his mother when he was just three days old? " And the Salmon answered " I swim upstream on every tide to feed near Gloucester, where I found such evil as I never heard before. If you would not believe me, let one of you ride on my shoulders up there." So the Eagle and Gwrhyr rode on the salmon shoulders until they came to an enclosure. There they heard a terrible moaning and lamenting coming from inside the walls. Gwrhyr asked " Who is doing that terrible moaning?" He was answered "Alas, there is a terrible reason for this terrible lament. Mabon, son of Modron is here and no man has ever been so horribly imprisoned." Gwrhyr asked " Is there any hope of ransoming you from there?" and was answered, " No, only by force shall I escape." So Gwrhyr went back to Arthur and told him of what he found. Arthur gathered up his men and went back to free Mabon.

This is a wonderful tale that really reaches into our minds and allows us to get a sense of just how long seasons and the earth has been around.

## **Corn dollies**

Take a handful of straw about as long as your arms and fold in half tie some string around the fold about 3-5 cms bellow the bend. The bend is the head of the dolly, wrap the string tightly around the dolly working away from the bend after about a cm spread the staw into three sections leaving the middle about three times thicker than the outer two sections, continue to wrap the string down the middle section after a further 5-10 cms split the straw again into two even sections. By now it should resemble something like a human figure. With a large pair of scissors trim the arms and legs to desired length. This is the most basic corn dolly I can think of which is what we did last year. This year if I can find some lavender I want to add it to the head and or maybe the arms. The corn dollies can be as simple or complicated as you like. They are meant to be kept in the home until the spring equinox to help keep negative spirits and energy from the home.

## **Meditation**

Relax close your eyes let your body go limp and heavy, feel the calmness that rests with us tonight.

Open your mind..... open your heart..... feel the coolness of the grove we now sit in..... you become aware that we are surrounded by trees, a lake sits still in the night not far from you..... Allow your feet to grow roots.... Reaching deep into the earth feel your roots growing slowly downwards into the rich soil that is cold but comforting..... notice the stream of water your roots are seeking just a little further down.... once you've reached the stream rest and soak up the blessed waters that have flowed from Emania the healing waters of youth..... allow your arms to become branches strong as a oak soft as willow..... Feel the wind blow against your branches bending and swaying you gently from left to right..... the wind wishes you to dance with her..... she inspires you to be carefree..... Feel the joy of no longer being connected to the realm of logic and reason..... only exist in this world..... allow the fire in your spirit to burn hot to roar with power..... realise you are incredibly special in ways only known to you..... And that is how it should be..... See where you are..... the world we have come to..... see the beauty making you feel that you have come from a world of black and white.....stay now with the connections you have made to your elements.... Allow any nature spirits to come to you..... Be aware of your ancestors they are around here.... listen for the call of Modron..... look for the stag god..... they may want a word with you.....

It is time to return..... say farewell to your guests..... Retrieve your arms regain your skin let the bark fall off..... take one last drink from the stream of Emania allow your roots to retract back through the soil..... turn down the fire and store any energy you may need for winter. When you are ready open your eyes and stretch.