

# Lughnassadh/Lammas

## The First Harvest

*Ritual written\* and led by Alana  
(Friday 2/2/07)*

### ***Background Information...***

Lughnassadh / Lammas is considered a time of Thanksgiving and the first of three Pagan Harvest Festivals, when the plants of Spring wither and drop their fruits or seeds for our use as well as to ensure future crops. Also, first grains and fruits of the Earth are cut and stored for the dark winter months. The name Lammas comes from the Anglo-Saxon meaning 'bread-mass'. Another name for this Sabbat is Lughnassadh, meaning the Feast or Games of Lugh.

Traditional at this time is the celebration and sharing of the products of the first grains: bread and ale. In ancient Celtic, Gaelic and Pagan tradition, the grains of the Earth are seen as the body of the God, sacrificed at the Harvest, baked into bread and then consumed to keep the tides of life flowing. The themes of Lammas are those of Celebration, Thanksgiving and Sacrifice. We celebrate the abundance, we give thanks for the food which ensures our survival and we must sacrifice the fruits of the harvest in order to continue living.

The celebration of Lammas is a pause to relax and open yourself to the change of the Season so that you may be one with its energies and accomplish what is intended. Visits to fields, orchards, lakes and wells are also traditional. Spell work for prosperity, abundance and good fortune are especially appropriate now, as well as spells for connectedness, career, health and financial gain.

As summer passes, Wiccans remember its warmth and bounty in the food we eat. Every meal is an act of attunement with Nature, and we are reminded that nothing in the Universe is constant.

May the Lord and Lady bless you all with lots of love, and a plentiful First Harvest!

## **God and Goddess**

### **God: Lugh**

The god Lugh was worshipped in Ireland as a deity of the sun. This connection with the sun may explain his name meaning "shining one", and it also may account for the attributes that he displayed: he was handsome, perpetually youthful, and had a tremendous energy and vitality. He was also the god of healing, journeys and prophecy. In Ireland he is associated with ravens and in Wales he has a white stag by his side. He had a magic spear and otherworldly hounds. Lughnassadh was his festival.

### **Goddess: Danu**

Danu is most commonly known as the Mother of the Celtic Gods, however her presence is also felt in Hindu mythology. She is the Goddess of rivers, giving her name to dozens of rivers such as the Danube and the Don. Even a mountain on the face of Venus has been named after this great Goddess. In each culture, Danu is the principle of birth and beginnings, of generation and fertility.

Danu is the prime mover, she who came before everything else. As an aspect of the Great-Mother, she encompasses both light and dark, both giving and receiving.

## **Cast Circle**

By the power of our Celtic ancestors may this circle be blessed cleansed and sanctified.

As above so below this circle is sealed, this circle is a positive field a protective shield. This circle keeps us safe within no harm can enter in.

## **Invoke the Elements**

### **East**

I call the ancient spirits of the east, Element of air  
Lend us your power and protection.  
I call you now; attend to me!  
This is my will so mote it be!

### **North**

I call the ancient spirits of the north, Element of fire  
Lend us your power and protection.  
I call you now; attend to me!  
This is my will so mote it be!

### **West**

I call the ancient spirits of the west, Element of water  
Lend us your power and protection.  
I call you now; attend to me!  
This is my will so mote it be!

### **South**

I call the ancient spirits of the south, Element of earth  
Lend us your power and protection.  
I call you now; attend to me!  
This is my will so mote it be!

## **Goddess Danu**

Great Goddess Danu, return to the Earth again tonight.  
The Celtic mother goddess  
You who are the rich green Earth the life that pulses beneath our feet  
You who came before everything else  
Join and bless our circle.  
Be with us now.

## God Lugh

Great God Lugh, return to the Earth again tonight.  
God of fire and light  
The corn God  
oh shining one  
God of healing, journeys and prophecy.  
Join and bless our circle.  
Be with us now.

We gather to turn the wheel, to celebrate the first harvest.  
We honour the wisdom of the mother and her lesson of eternal abundance and generosity.  
We honour the blessings of the sun god who journeys ever closer to darkness.  
We give thanks for the corn god who has grown by the power and union of the goddess and god,  
earth and sun.

Set the plate of bread on the pentacle.

Each person comes to the alter and completes the following:  
Stand still and breathe deeply for a few moments.  
Concentrate upon the cleansing power of the breath and air.  
When you are ready, say:

*I have purified myself by breathing  
in the life force of the universe, the god and goddess.*

Lift the plate of bread high, then set it back on the altar. Say:

*I know that every seed,  
every grain is a record of ancient times,  
and a promise to all of what shall be.  
This bread represents life eternal.*

Eat a piece of bread.

Put the chalice of wine on the pentacle.  
Hold high the apple cider chalice, then set it back on the altar. Say:

*Within all forms is locked a record of the past  
And a promise of the future.  
I ask that you lay your blessings upon me,  
Ancient Ones,  
So mote it be!*

Drink some of the apple cider

Give out corn cobs to eat while everyone thinks of what they are great full for in their lives. Anyone  
can share if they wish.

If there is something you wish to bring into your life for 2007 concentrate on what you want.  
Use all your senses to see yourself with your desire.  
When you have a complete image of the desired thing, Say:

*According to the highest good of all concerned  
with the free will of all,  
I draw to me (name the thing you desire)  
or something better, and so it must be.  
I give thanks. Blessed Be.*

## **Closing**

### **Goddess**

Great Goddess Danu, Celtic mother goddess  
You who came before everything else thank you for your guidance, love and support this night  
Hail and Farewell

### **God**

Great God Lugh, God of fire and light  
The corn God, God of healing, journeys and prophecy.  
Thank you for your guidance, love and support  
Hail and Farewell

### **Elements**

#### **South**

Thank you ancient spirits of the South, Element of Earth  
For your power and protection this night.  
Hail and Farewell.

#### **West**

Thank you ancient spirits of the West, Element of Water  
For your power and protection this night.  
Hail and Farewell.

#### **North**

Thank you ancient spirits of the North, Element of Fire  
For your power and protection this night.  
Hail and Farewell.

#### **East**

Thank you ancient spirits of the East, Element of Air  
For your power and protection this night.  
Hail and Farewell.

May this circle be open but unbroken  
May the peace of the Goddess be ever in our hearts.  
Merry Meet and Merry Part  
and Merry Meet again.



*\* This ritual is a combination of the author's original ideas and information obtained from various books and/or internet sources.*