

Letters from Mom



Lammas? Or Lughnasadh? What's the diff?

by Byron Ballard

In practical terms there isn't a huge difference. Both are celebrated by modern Pagans as the first harvest--the harvest of grains. "Lammas" derives from the Saxon "loaf-mass" and "Lughnasadh" is the Festival of the Irish deity Lugh. Both are celebrated with food and merriment: they are festivals of gladness and gratitude.


But the origin of Lughnasadh is especially lovely for Pagans living in a world that is not always friendly to our chosen spiritualities. The mythology places it as the funerary games of Lugh's foster-mother Tailtiu, an early Irish land Goddess. At Lughnasadh, the oft-fighting tribes of Ireland came together for a time of peace and sharing, where they showed off their skills, their horses, their prowess with weapons. Practically speaking, it was a time when tribes mingled in peace, making DNA-renewing matches outside their own family-group. I like to think of it as a kind of Irish (in this case, Pagan Irish)

Lammas - August 1
Mabon - September 21

Olympics. You can be sure there was much betting and drinking, and eyeing of potential love-matches.

So I celebrate Lughnasadh by honoring the Earth, with gratitude. I celebrate by being at peace with my tribe and those around me. And I celebrate with dance and song...and perhaps a wee drink.

Blessed Lughnasadh to you all!



The spiritual philosophy of the Mother Grove Temple is one of respect for, worship of, and communion with the Divine envisioned as Goddess. We believe that the form of energy we call Goddess encompasses the entirety of the Universe and includes the male principle, the female principle, and all other expressions of gender. We vision the Goddess as both a Divine unity and a multi-faceted expression of that unity, so that expressions of the Divine as Goddess can be both monotheistic and polytheistic.

Wheel of the Year - Lammas and Mabon

Happy Harvesting!

Falling midway between Summer Solstice and Autumnal Equinox is the cross-quarter holiday of Lughnasadh, which is the first in the trilogy of harvest festivals, Lughnasadh, Mabon and finally Samhain. It is at the time of Lughnasadh when the days suddenly seem to shorten and the nights grow longer. We look around at what Mother Earth has given us and breathe in the aromas of fresh-baked bread, caramel apples, and buttered corn. The first harvest, while rich in food from the earth, hints at the decline of the sun's strength, and a gentle darkening of summer yellows and pale greens.

September's Mabon arrives all too quickly as colors turn to gold and deep green. The second harvest in the Wheel of the Year brings us apples, potatoes, carrots, and onions. We fill our pantries and ready ourselves for the time when the earth will rest.

Although the traditional American holiday of Thanksgiving falls in November, many cultures see the second harvest time of the fall equinox as the time of giving thanks. After all, it's when you figure out how well your crops did, how fat your animals have gotten, and whether or not your family will be able to eat during the coming winter. When November's Thanksgiving rolls around, there's not a whole lot left to harvest. Originally, the American Thanksgiving holiday was celebrated on October 3, which makes a lot more sense

agriculturally. In 1863, Abraham Lincoln issued his "Thanksgiving Proclamation", which changed the date to the last Thursday in November. In 1939, Franklin D. Roosevelt adjusted it yet again, making it the second-to-last Thursday, in the hopes of boosting post-Depression holiday sales. Two years later, Congress finalized it, saying that the fourth Thursday of November would be Thanksgiving. Any reason to eat is fine for me, as long as we remember to thank Mother Earth for what is atop our tables, and filling our pantries and bellies.

Lammas Cobbler

Prep Time: 20 minutes /Cook Time: 45 minutes

Total Time: 1 hour, 5 minutes

Ingredients:

1 C sugar

1/3 C stick butter, softened

2 C flour

2 tsp baking powder

1 C milk

1 tsp salt

3 C fresh blackberries

2 Tbs sugar

1/2 tsp cinnamon

2 C boiling water

Preparation:

Preheat oven to 350 degrees.

Cream together sugar and butter until light and fluffy. Add in the flour, baking powder, milk and salt. Blend until creamy, and spread into a greased 12 x 8" baking pan.

Pour blackberries over batter, and sprinkle with remaining sugar and cinnamon. Pour boiling water over the top, and then bake for 45 minutes or until golden brown. Serve warm with a scoop of vanilla ice cream, or with fresh cream.

Featured Goddess-

Demeter

Demeter, one of the twelve main Olympians, rules over the growth and death of the earth's vegetation. One story tells of when her daughter, Persephone, was abducted to the underworld. Demeter refused to nourish the earth until she was reunited with her daughter. As Demeter mourned the loss of her daughter, so the earth mourned the rich vegetation and bounty of crops. Persephone's abductor, Hades, later agreed to return Persephone for only two-thirds of the year. During this time, the earth savored Demeter's joy at being reunited with her daughter and grew rich with food and color. As Persephone once again returns to the cold, barren underworld, we mourn the loss of the earth's riches and gather together to await the return of her bounty and bright colors.

Join us in the Greening of Summer

The Mother Grove seeks to entice you into a very special circle for Temple supporters. We call it The Thirteenth Circle ... and there is a space at our hearth for you.

We are a group of women who have come to a sweet and adventurous conclusion. We have created a circle that is simple and elegant and effective—a way to bring ongoing financial support to our beloved Temple project.

We have committed to paying \$13 per month for thirteen months and we want to draw thirteen people into our circle.

Will you join us?

One of us has chosen to make a \$21 gift at each public ritual.

One of us has chosen to pay 6 months at a time so she doesn't forget.

There are many ways you can join our elegant circle.

\$13 each month for thirteen months ~ Simple, harmonious support.

It feels very lucky indeed.

If you feel so moved, please join us in this lovely circle.

We look forward to seeing you at our hearth,

in our Thirteenth Circle .

Visit us at www.mothergroveavl.org to participate

Mother Grove Wish List

If you feel a desire to contribute but are a bit short on cash, we will joyfully welcome the following gifts when you arrive to enjoy a public ritual:

- Copy paper
- Printer ink
- Office supplies
- Children's craft supplies
- Pantry donations
- Altar decor
- Ritual set up assistance
- Ritual take down help
- Ritual volunteers
- Temple care volunteers



Places to go, things to do:

[Lugh: First Harvest](#)

[Lughnasadh](#)

[Harvest Celebration](#)

[Pagan Kids](#)

[Kids' Stuff](#)



What's happening in

August and September



Morning Devotionals every
Sunday at the Temple

Drumming at 10

Service begins at 10:30

All are welcome.

Devotional Schedule

1st, 3rd and 5th Sundays of
each month we will be there to
offer space for a quiet time of
meditation.

The 2nd and 4th Sundays of
each month we will hold a
more structured ritual service.

Various workshops and classes are held at the Mother Grove. Visit the [Events](#) page on our website for details.

We also post events, happenings and invites on our [Facebook](#) page! Join us!

AMONG THE FIELDS OF GOLD

A Celebration of Lughnasadh,
The Grain Harvest

Join us as we celebrate Lughnasadh in the park.

The French Broad River Park
Ritual at 3

Potluck feast to follow

Remember to bring a dish to share and your own
feast ware – plate, cup, utensils

We will be collecting school and art supplies
for children in need and the women at Our Voice

Mabon - Fall Equinox
Ritual Date and Time coming soon!

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The Mother Grove is a federally approved 501(c)(3) non-profit
Church. All contributions to Mother Grove are tax deductible!

