

Lughnasad (also known as Lammas) – August 1st is the time when we're able to recognize that nights are lengthening as we begin to plan for winter and the longest night in cycle of life, death, rebirth. We are halfway to Autumn and Lughnasad signifies the first of three harvests. The summer fruits and vegetables are in full abundance and the last of Celtic fire festivals is now occurring.

Lughnasad Lore: In Celtic pantheon, this celebration was named in honor of Lugh, God of harvest, fire and light. Irish Celts would celebrate this season by placing a wagon wheel at the top of a hill, cover it with tar and set it on fire. They then rolled it down symbolizing the end of summer and the flaming wheel representing the shortening of days and the sun's slow descent to winter. (Please, if you do this, make sure you have water to put out any fires!!)

This is a festival of feasting, of celebrating the richness of mother earth and what she has provided thru hard work and sacrifice in the fields. A typical feast would include grains, melons, fruits and fresh-made breads. While this is a summer festival devoted to the Sun God, we also celebrate the Goddess for creation and her consort with the God.

On your altar it would be appropriate to have nuts, grains and late summer flowers. Gold and yellow candles light your altar and rosemary, lemongrass and apple incense is appropriate to burn.