



Free CERES Mountain Messenger

A publication of the Coalition of Earth Religions
For Education and Support

Lughnasadh 2004

Volume I, Issue III

Featured Festival: Lughnasadh (Lammas) (By Saira, © 2004)

Lughnasadh Correspondences

Other Names and Similar Celebrations: Lunasa (Irish Gaelige for August); Sabbat of First Fruits; Festival of the Green Corn (Native American); First Harvest; Lammas (Anglo-Saxon, loaf-mass); August Eve; Lady Day Eve

Gods and Goddesses: Primarily Dying/Rising Gods (Solar and Vegetation) and Earth Mother/Creatrix Goddesses, such as Lugh, Balor, Tairniu, Brigid, The Cailleach, Danu/Dana, Demeter/ Persephone, Adonis, Tammuz, Taliesin (Gwydion) and Cerridwen, Dionysus (Bacchus)

Symbols and Colors: Bleeding Crown; Corn Dolly (the Mother); Sheaf of Wheat; Scythe, Sickle and Pitchfork, Gold, Red, Brown, Orange, Yellow

Herbs: Patchouli, Oak, Hollyhock, Mistletoe, Sunflower, Black and Brown-Eyed Susans, Sandalwood, Goldenrod

Foods/Beverages: Wheat, Oats, Barley and other grains and grain products (beer, ale and whiskey), Beef and Pork, Corn, Tomatoes and Berries, especially Bilberries and Blackberries

Customs and Crafts: Make a "Corn Dolly," but this time as Mother rather than Maiden. She is pregnant or holding a baby. Pair the Corn Dolly up with an eight-spoked Sun Wheel made of ears of corn or stalks of wheat. Save and dry wheat sheaves or cornhusks to be made into the Bride at Imbolg. Bake bread, especially whole grain round loaves with sprouted wheat berries (seed) baked in. You can also bake the bread in the shape of the sun. Collect and dry herbs, corn and young tobacco leaves for sacred offerings. Create wreaths of dried harvest materials, esp. corn, herbs and flowers. Make candles (you'll certainly need them in the coming dark months) *Continued on Page 4*

This is the wake of Lugh, the Sun King.
He gave his life on this Sabbat Day!
This is the wake of Lugh, the Sun King.
He steps into the dark and guides the way!



Chaos Magick (By John Robinson)

Chaos magick accepts no one set of beliefs, but instead takes an agnostic attitude to the occult asking not whether something is "true", but instead whether it is useful. Despite the formless nature of chaos magick, certain stylistic elements keep showing up, most noticeably the chaosphere (eight arrows radiating from a single point) as a talisman and the number eight (8) in general. One of the many magickal models used in chaos magick, formulated by Peter Carroll, divides up all magick into eight schools, each identified by a color. They are Octarine (pure magick), Black (death magick), Blue (wealth magick), Green (love magick), Yellow (ego magick), Purple/Silver (sex magick), Orange (thinking magick), and Red (war magick). This is not a "true" model, but simply one suggestion on how to handle the world. Nothing is true, everything is permitted. Over the next year, I will introduce these eight schools of magick and their correspondences with the eight Wiccan Holy Days, the Sabbats.

Lughnasadh is the first of the harvest festivals, when fruit falls and the first crops ripen, a time of increase and bounty. It ties in with Wealth Magick, symbolized by the color blue. Wealth isn't merely a *thing*. Wealth is a current, a force, and, given the number of gods who look over wealth, it isn't necessarily something Pagans must do without. Take this season to get to know flow of wealth and to incorporate it into your own life. Learn the actions and attitudes that will make you attractive to wealth. 'Tis the season to make friends with money!

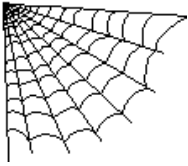
For more information on chaos magick, go to http://www.chaosmatrix.org/library/chaos_all.php

The Sands of Time

(By Ginger Strivelli)

A poem inspired by our Summer Solstice beach trip in 2004

The Sands of time flow away with each wave
You can barely hold on to any memories to save
With the ebb and flow of each tide
Father Time wins more moments over to his side
The here and now of the present erodes away
Into the past that grows larger day by day.



Weaving the Web Covens and Groups

Appalachian Pagan Alliance (APA)

- ◆ Alliance of solitaires, family trads and covens.
- ◆ Childrens' group called "The Witchlings' Circle
- ◆ Group size: Over 100
- ◆ Eclectic, with various Traditions represented, but mostly the Appalachian Granny Magic Folk Tradition
- ◆ Presently accepting new students/members
- ◆ Open Circles and Events include the Annual APA May Day Celebration, Annual APA Vacation Witchcraft School, the Yule Gathering and several Ladies' Night Out events.
- ◆ We have thrice monthly online meetings daily networking discussions and debates through our yahoogroups email chat list. We also offer private lessons by some of the leading Priestesses.
- ◆ Contact: Ginger Strivelli at EmpressGinger@charter.net; P.O. Box 450 Weaverville, NC 28787

Brigidine Women's Circle

- ◆ Closed women's group which focuses on the Celtic Goddess Brigit and Her traditions
- ◆ Meets on Full Moons, New Moons and Sabbats
- ◆ Open family celebrations throughout the year
- ◆ Considers new members four (4) times per year
- ◆ Contact: for further information: jcyarnall@hotmail.com

Coven of the Eternal Stones

- ◆ Eternal Harvest Tradition of Wicca
- ◆ Teaching coven. Plans to incorporate a legally recognized Wiccan church as our parent coven did and to offer further services to the community of WNC.
- ◆ Group size: 6 to 10
- ◆ Public celebrations for the Equinoxes and Solstices. Workshops and classes by senior members of this tradition and others related to us. Planned classes and workshops include: Reiki I - Mastery, Chios I - Mastery (Earth Energy Healing technique), Crystal Healing, Astrology, Tarot Pathworking, Rune Lore (with Lord Gaelan Firestorm by workshops -- mail order class also available), Robe Making, etc.
- ◆ Accepting new students. Contact RavenWind and SapphireSkye: mtnwicca@myway.com; ww.mountainwicca.us/coven/

Coven Ravencroft

- ◆ We are a traditional Gardnerian group that is fifth generation from Gardner.
- ◆ Group size: 6 to 10
- ◆ Guests by invitation only
- ◆ Serious inquiries for more information may be sent to: Ravencroft_Coven@yahoo.com

Coven Shadow Veil

- ◆ Gardnerian Tradition
- ◆ Group size: 2 to 5
- ◆ We are not presently holding Open Circles and events.
- ◆ We will be accepting new students after Beltaine
- ◆ Have offered the following classes: Wheel of the Year, Correspondences, Magical Tools, Tides of Power, Amulets and Talismans

- ◆ I also offer an herbology class, but the charge is \$15 per person with a minimum of 10 people and no more than 20. This is a 6 hour workshop and everyone works with herbs and takes things home. The \$15 covers the purchase of herbs and bottles.
- ◆ If interested, contact Niki at shdwveil@bellsouth.net

Crystal Moon Coven

- ◆ Shamanic, Faery Tradition: Ceólraidh na Sidhe
- ◆ Group size: 6 to 10 in NC
- ◆ Closed coven meets weekly for classes, training and ritual
- ◆ Guests by invitation only
- ◆ Considers new members at Bealtaine and Samhain
- ◆ Offers a variety of workshops including Divination, Herbalism, Crystals and Stones
- ◆ Extensive Wicca 101 course presented one time per year (we try) Open to any sincere, interested Seekers
- ◆ Contact Saira at imsaira@charter.net and check our listing on Witchvox for more information

Mountain Myst Clan

- ◆ Eclectic, multiple Traditions
- ◆ Group size: Over 13
- ◆ Guests by invitation only
- ◆ No open classes: must be a student of teachers within the Family to attend
- ◆ Open to new members, applications accepted year round
- ◆ Contact: Lady Cheetah at GreyArabian31003@aol.com; Subject line **must** state why you are contacting us or your email will be deleted! Note: We do not allow use of drugs or alcohol on our property or during our Circles.

Notre Dame de l'Herbe Mouillee

- ◆ American Tribal
- ◆ Group size: over 13
- ◆ Occasional open Circles and events
- ◆ Accepting new students
- ◆ Herbalism, Tarot, Beginning Ritual classes occasionally offered for non-Initiates. Not currently taking on new students
- ◆ Byron Ballard at byronb@buncombe.main.nc.us

United Moon Circle

- ◆ Eclectic/Dragon Tradition
- ◆ Group size: 6 to 10
- ◆ We are accepting new students and will be offering classes soon!
- ◆ Contact Sorcha SilverMoon, P.O. box 543, Marshall, NC 28753. Email: SorchaMoon@unitedmooncircle.com

New Training Circle Starting in August (there is a fee for attending this program)

Elemental Priest-ess In-powerment circle starting August 21-22, 2004. This is an Asheville based, 7 weekend process spread across 10 months. By honoring and working with each of the Elements through ceremony, movement, and creativity, you develop you inner power and abilities in a unique way. When we access the ancient wisdom of these forces, we begin working consciously with tremendously powerful energies to better your quality of life and enliven your Priest-ess self. The Elemental Forces of Nature Audio tapes are also available for \$25. These tapes are foundational to the work to be done in Circle. There is no obligation to the entire process until after the first weekend. Circle is open to both men and women. For more information, please contact Donna Marlene 250-9375 or carolgrace@bellsouth.net

APA Event!

The Appalachian Pagan Alliance (APA) will host our annual "Vacation Witchcraft School" for people of all ages on Saturday, July 17th. Magical workshops, craft classes, Pagan Religion discussions, Ritual Invocation of all the Gods, a potluck picnic and fellowship activities at our Appalachian Pagan Alliance's Apple Tree Circle Pantheon are featured. The event will last all day long, ending with our monthly APA Ladies Night Out Dinner afterwards.

Call our Leading Priestess, Ginger Strivelli at 828-230-1273 for more information

Please bring canned/boxed goods whenever possible to any CERES or APA event.

PNO = Pagan Night Out: Informal get-together. Meet new people, share ideas and network with others of like-mind.

CERES Meeting = Board Meeting for agenda discussion of issues and administration of organization. Open to all those interested in helping out.

If you, or your group, is hosting a class, workshop, festival or any event that is likely to interest Asheville-area Pagans, send the info to Saira at imsaira@charter.net. Include day, date, time, basic description and location. Also include your contact information. Non-profit events and fundraisers are listed free.

CERES Mountain Messenger publishes four (4) times per year, approximately two (2) weeks prior to Imbolg, Bealtaine, Lughnasadh and Samhain, the Greater Sabbats. Event listings must be submitted at least ten (10) days prior to our publication dates. Submissions for ads, events and other contributions for our next newsletter must be received no later than October 1, 2004.

The CERES Wish List: Will you help make our dreams come true?

Non-perishable food items, bottled water, a **good** used computer, **Land!**, financial support, clean blankets, young ball-rooted trees, clothing in good condition. Most importantly, we need **YOU!** We need people who are interested in helping create a more viable, more active Pagan/Wiccan/Earth Religionist community. We need your ideas, your energy and your presence at events and gatherings. We need your support and your encouragement.

How to donate money: Make your checks payable to CERES, c/o Mothersongs Project, PO Box 122, Asheville, NC 28802

How to donate goods and services: Contact Byron Ballard: (828) 253-6842 to arrange pick-up or drop-off of goods or to discuss other ways in which you can help out!

Calendar of Events

Specific Calendar dates were not available at the time of publication. Please check our website (listed at the bottom of the page) for event updates.

Pagan Night Out: CERES sponsors a PNO at Jack of the Woods in downtown Asheville the first Wednesday of each month from around 7 p.m. to whenever! Come out and meet some new people (or greet some old friends). Out next PNO is August 4th! Hope to see you there!

CERES Board Meetings: Please join us on the 4th Wednesday of each month for our Board Meetings. The meetings are open to anyone interested in getting involved! Our next meetings are scheduled for **July 28th** and **August 25th** at **7:30 p.m.** at Atlanta Bread Company on Merrimon Avenue.

A Special Thank You

CERES would like to thank Theresa and Mel for all their hard work and the many hours they put into planning the Summer Magick Faire. Although the Faire was cancelled, we hope to be able to offer such an event again in the future. Our thanks to all those folks who were willing to help out.

Asheville's 1st Annual GODDESS GATHERING

Saturday July, 31st 11:00-3:30 at Unity Center in Fletcher. A day to network and connect with other divine feminine women. Come celebrate, enjoy live music & dance, shop booths local artists and jewelers, meet local resources, eat a gourmet lunch, laugh out loud and make friends. Goddess-friendly men always welcome! Bring a drum or other instrument for closing Circle. Admission: \$6.00 at the door

For more information contact carolgrace@bellsouth.net or Donna Marlene 250-9375 or www.unitync.net

This is not a CERES event

CERES Newly Elected Officers are:

Co-Presidents: Byron and Saira
Vice President: Joy
Recording Secretaries: Theresa & Cheri
Corresponding Secretary: Diotima
Treasurer: Kayla

CERES Mountain Messenger is edited and published by Saira. Please sent all submissions to imsaira@charter.net Articles should be approximately 250 to 300 words in length.

Revoluticon

This premier **Science-Fiction & Fantasy Convention** will take place in Asheville on October 9-10, 2004. It will feature role-playing, card, & board games, movie rooms, film and art festivals and many presentations, including CERES very own Moss Bliss. For more information, go to: <http://takeoff.to/revoluticon>

This is not a CERES event.

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Lughnasadh is one of the most confusing holidays of the cycle. Much of the information that follows comes from Janet and Stewart Farrar's book, *Eight Sabbats for Witches* and *The Witches' God*.

Lughnasadh marks the first of the three "Harvest Festivals." Depending upon culture and geography the ritual enactment of "sacrificial king" is performed at Litha, Lughnasadh, Mabon or even Samhain. For Wiccans, this ritual is primarily associated with Lughnasadh or Mabon. Other themes are: the Sacred Marriage (if not performed at Litha) and the Games of Lugh (also called the Tailtean Games) physical games of prowess – sort of a Celtic Olympics!

Obviously, the primary Deity associated with the Sabbat is the Irish God, Lugh (Llew Law Gyffes in Wales). Lugh is generally considered a Sun God/Young Warrior and a chief among the Tuatha De Danaan. Lugh learns the secrets of plowing and agriculture (associated in more ancient times with Goddesses) and brings them to his people. A very popular God, Lugh is found (by one name or another) throughout the British Isles, Gaul and Eastern Europe. In post-Christian times, places of worship associated with Lugh became associated with the Archangel Michael (who rules the Element of Fire). In Ireland, St. Patrick filled this role.

The "games" of Lugh or the **Tailtean Games** were originally held as wake (funeral) games in honor of the God who would be sacrificed to the Harvest. The games of Lugh became community festivals and included harvest markets,

What is CERES?

The Coalition of Earth Religions for Education and Support is a long name that we shorten to **CERES**, after the Roman Goddess of fertility, prosperity, abundance and growth in all forms.

We are a faith-based charitable organization that serves WNC's growing Earth Religions community. **CERES** offers emergency services to those in need, including a food pantry, small clothes closet and emergency assistance grants. We co-sponsor a Harvest Home public ritual each Mabon, as well as, various activities during Earth Religions Awareness Week in October. Our vision for the future includes a building with land for ritual and community garden space. The building would be used for emergency housing, food pantry, storage and classroom and ritual space. **CERES** members are available to speak at special events, including schools and churches and act as media contacts for those with questions about Earth religions. We sponsor Pagans' Night Out at Jack of the Woods Public House on the first Wednesday of every month at 7 PM. We hope to see you there!

competitive games and contests to symbolically "lend strength" to the Earth in the coming winter and to ensure a bountiful harvest again next year. Lugh is said to have instituted the Tailtean Games in honor of his foster-mother, the Earth Goddess Tailtiu (*tal-tcha*). At some point during the games, Lugh weds his "mother," the Earth. Although Lugh is generally perceived as a Sun God, he is most certainly a Vegetation (Dying-Rising) God as well.

The Sacred or Sacrificial God is intimately linked with the concept of "kingship." The Champion (God/King) is bonded (mated) to the Land (Sovereignty: the Goddess/Queen). The Earth, by definition, is a renewable resource and, as such, when the Queen can no longer bear children, that responsibility is given to her daughter and so the line continues. The King, on the other hand, is selected from "the champion." The king acts as the human incarnation of the god and must be sacrificed at the height of his total power. He is in excellent physical shape (although the height of his **physical** power was attained at Mid-summer) and he has also gained maturity and wisdom and is able to bring spiritual and mental blessings, as well as, fertility.

All of the Irish/Celtic Goddesses associated with this Sabbat are related to one another in some fashion, so the lore gets a bit confusing. The Goddess Brigid and the Cailleach – the Corn Bride and Corn Mother/Hag, respectively - are associated with this time of year. Brigid is cited in literature as sister to Lugh and sometimes as his Consort/Queen. Dana/Danu is the Great Earth Mother of Ireland. She is said to be the mother of the race of the Tuatha de Danaan (People of the Goddess, Dana). She is sometimes listed as mother of Lugh and sometimes as His Consort or Queen. Dana might have been an earlier version of the Goddess, Tailtiu. The triple battle goddess, The Morrighu, is also associated with this Sabbat.

The Tailtean Marriage at Lughnasadh parallels the "greenwood marriages" of Beltaine. At Beltaine the Goddess mates with the Green Man, God of the Waxing year. At Lughnasadh, the Goddess mates with the Sacrificial King, God of the Waning year. Both festivals celebrate the fertility of the Earth and of its inhabitants, both people and animals, thus ensuring that the cycle of life, fertility and abundance continues. That is our focus at Lughnasadh. We decide what it is that we need to sacrifice in order to meet our goals and ensure abundance in our lives.