



## CUUPS CORNER

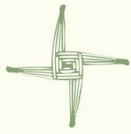
*February is the sign of Aquarius, stone is amethyst, flower is violet and primrose, the tarot card is The Star. Happy Birthday for all*

### *Imbolc February 1-2*

*The wheel of the year is a mandala, a circle of events worked around the Albans or high points, solstices and equinoxes, they are cosmological events each year at a certain time.*

*They are Cross quarters as we go around the seasons. The earth in its cycling from spring to winter, goes from new growth to quiet times, following agriculture as our ancestors went from hunter gatherers to settled communities. Imbolc; meaning first milk, is our first point of celebration after the sun's return at Solstice. Our ancestors spent the quiet times, weaving, telling stories, making tools and crafting, they were also watching their flocks and doing basic husbandry. The time is February, it is still cold, yet there is nuance in the air or it could be cabin fever however there is a stirring on the wind. Under the ground those very seeds that were planted now feel the call to grow. Promise of Spring has come. Lambs are born, first milk comes for cheese, birds are chirping and showing signs of returning. Cold and ice have not yet relinquished that grip but groundhog comes out to smell the air and have a look see.*

*It is a feminine time. Earth is coming alive, this is an in-between time where ice is abounding yet within the ground the fire calls to plants and animals. There is a lady who is sacred to many cultures we call her Bridhe, Bridget, Brigantia to the Bretons. So revered by her people the catholic church gave her saint hood, they could not change her day or who she is. So sacred was she that in stories told, she was midwife to Mary. She is honored as lady of the hearth fire, lady of healing, her sacred fire is the flame of the forge. Her healing well in Ireland is tended by priestesses, as is her fire. She brings fertility to land and hearth. Beneath ground, seeds planted start to feel the fire within. We need to go outside, walk, start projects and rejoice. The sun has returned. Our mandala of the wheel turns to Imbolc, Spring constellations return to night skies, reminding us of plantings of inner seeds, the sparkle of worth and integrity. We see and feel the reflection of the sun and earth's bounty in ourselves. As above so below. We have early birds, lambs frolicking and flame of heart shining, times of darkness, rest and retreat come to close. Underneath hard ground, there are stirrings of life in addition to breezes swirling for breaths of fresh air. Light and new beginnings, sense of possibility set our yearly wheel in motion. Many lights flare, signifying the sun's return, coaxing our land out of its quiet time. Promises of spring have begun, winter is nearing an end. Rhythms of our universe once again sing songs of inspiration and change. Snow, inclement weather, cold have not yet relinquished its hand, however birds are singing and burrowing animals may come up to take peaks at what this year has in store. Synchronicity with that ground hog, who comes out to take a look at his shadow, this time to check on things is an ancient telling that still hangs on today. Imbolc, is feminine time, earth is coming alive. It is an in-between time where Lady shines. We see the reflection of ourselves, as above so below. Times of snowdrops, early birds returning, ewes lactating and candles of Imbolc shine radiant brilliance. Come, rejoice and dance. It is Bridget's day!*



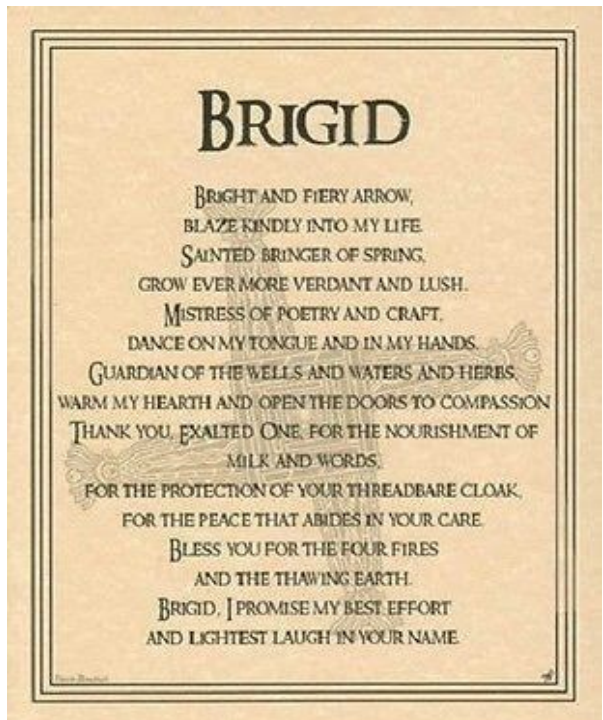
## St. Brigid's Blessing

May Brigid bless the house  
wherein you dwell.  
Bless every fireside,  
every wall and door.  
Bless every heart  
that beats beneath its roof.  
Bless every hand  
that toils to bring it joy.  
Bless every foot  
that walks its portals through.  
May Brigid bless the house  
that shelters you.



There are many poems and song written about this iconic woman from Myth to the Abbey and well which is tended by very devoted women. Bridget is a triple aspect, she gives the bards words, the smithy the forge and above all the knowledge of healing and the hearth fire. Snow drops are the flower and sacred cattle and sheep are very closely connected. Imbolc means first milk. Sheep give birth at this time producing milk.

We are now in challenging times. More important now that we use what we have to work with, our personal truths, asking ourselves who are we and what is it we stand for. Allow what we honor to be a beacon for healing, nurturing, creating song, dance, poetry to help each other. Use the power of this beautiful Lady to help us bring the new into this world as we are healers and doers one and all!



**On Saturday Feb 1st at 4pm, CUUPS will honor the celebration of Imbolc. We will be on the lanai and hall of the church with a sharing of food after. All are invited. We will have a craft of Bridget's cross and we will honor the Goddess and the Saint through dialogue, song, and a working for healing but above Peace. Join us as you will, bring open heart and something to share for the repast. All are welcome, we are a safe place.**





## Up coming info

Feb 1, at 4:00pm

Imbolc ritual and celebration on the lanai and hall

Feb 2, all day—groundhog day

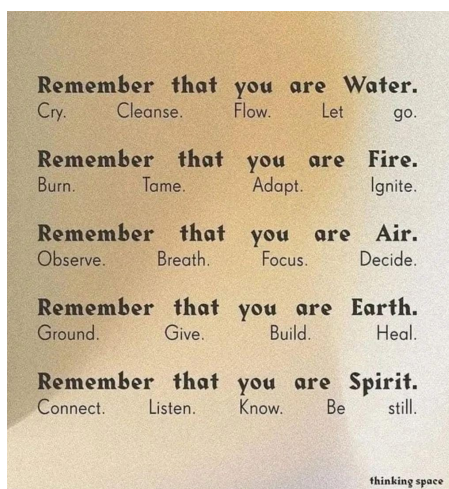
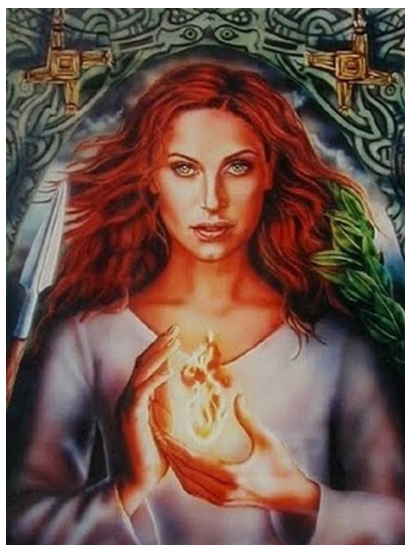
Feb 9th

We do not have coffee service, the Scouts are providing lunch for the congregation.

Feb 22, meeting at 1pm

There will be an immersive class on earth element after brief meeting. Plan on 2 hours. Earth element snack we will get into.

A list of calendar events can be found on our website.  
[Cuupsfm.org](http://Cuupsfm.org)



*May your paths be blessed surrounded with peace, love, protection and truth*