

# CUUPS CORNER NEWSLETTER

Summer solstice, Alban Heffin, Litha , June 21-22



Oh, glorious bountiful time of summer, everything is bearing fruit or vegetable. Weather is warm and carefree, bounty ever flowing, sunlight at its height above. We are at balance point for summer opposite to Winter Solstice being longest day with shortest night, our wheel turns once

again to another season. Oak and Holly cycle each other, at highest point, descent comes to quiet times. Opposite to Yule on our Wheel of the year, we see active times of summer to quiet times of winter. They balance each other, duality ever revolving. Sun's radiance of abundant shining to earth's round of chaotic manifestation. Summertime brings gladness to heart. Gardens and fields mature quietly under rays of sunshine. It is warm, summer daze entwines us with butterfly wings and cricket calls.

Many kinds of fruit are available, especially berries. Vegetables, greens of cooler climates give way to sun loving ones, squash, zucchini and tomatoes become abundant. Anyone who has had a garden knows all the prolific qualities of these vegetables. Grains grow tall, corn begins to ripen, life is easy. Sometimes the weather gets too hot, we find ourselves gravitating to lakes, streams and oceans, calling us to fish at favorite watering holes. Now comes pursuit for that elusive big fish. Outside activities, grilling, camping, watching sunsets, playing in green grass, swinging in a shaded hammock, these are times of summer. Time for enjoying one's flower garden. Herbs grow plentiful, use them in wreaths and garlands encircling your table, it is celebration of earth's bounty. Flowers, berries, vegetables, mammals and insects join in chorus, singing melodies of summer. Fireflies' light night skies, heralding fairy dances, sunsets reflect colors, truly a cacophony of color, taste, sound and sights.

It is also time to bring things to fulfillment. Ideas bearing fruit in summer days remind us how a balance between activity and quiet hours come. We cannot predict our rush-end results, it takes patience, each thing will come to fruition in its own time. Balance teaches us how to use power wisely for the benefit of all people, flora and fauna on Mother Earth. She has the power to nurture and sustain, along with Lord of the Dance they create harmony. Fiery, lusty, carefree, we feel warmth, bask in light, enjoy untroubled moments, we do what we must to move through times of summer.

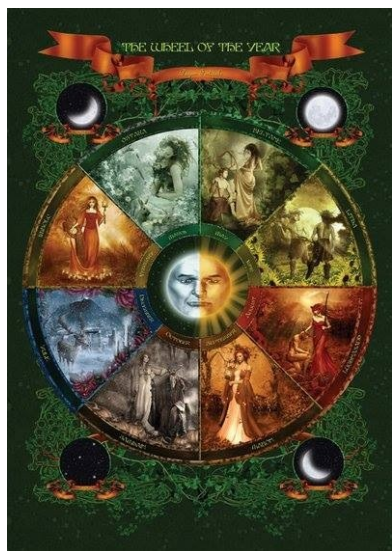
Time to build fires, burn away outgrown ways to be whole and new again. Let us dance and play near Solstice fires for this is blessings of bounty.



We fill the cornucopia, celebrate Solstice! Basking in rays of sunlight for now days get shorter there is a hint of closing, a nuance of days done.



*There are a few things we must bring all up to date with as we transform to new things. Our newsletter will now be quarterly, coming out at the Solstices and Equinox times, also voted on was the change of Dues time which now will be due in January, the price is still \$20.00. This covers basics and goes towards our annual pledge. In addition to transformation is the letting go of the Winter Solstice Tapestry which we used to display at our feasts but it is faded and we can not repair it, at this Solstice gathering we will be honoring its worth but it will be let go. We are also in the process of putting together workshops, there will be a sound immersion, herbal talks, element workshop and more, all things to come. Again we are inclusive of everyone and that includes children, we are working to have some-*



*thing for them to do also. Parents are still to be in charge yet you have a right to be nurtured also. So new goals, transformation and a lot of community. We are only as good as the participation of all.*

**So it is June**, happy birthday to all June Children. Here in sunny tropical climate the weather is humid and hot with daily rain which is needed coming to us. We see the Poinciana trees ablaze with fiery red blossoms, the frogs are calling to rain and our waters become warmer. Our season for growing is pretty much over as mangoes, citrus and avocado trees ripen with fruit. We prepare for stormy times but it still is Solstice and we are still connected to that cycle of things. From June 21 on we will see time get shorter and we have some amazing things going on in the night sky and cosmos. June 10th is a full moon, it is the Strawberry Full Moon, when in northern areas the Strawberries are ripe for picking. We will also have the Sahara sands blowing over bringing gorgeous sunsets and keeping nasty storms at bay. The night sky we have the constellations of **Bootes, Libra, Ursa minor, Hercules, Draco, The Summer Triangle which is three bright stars situated in a triangle**, very bright and quite awe inspiring. All this comes as those things planted in previous cycles are coming into fruition and the first Harvest which will be at Lughnasadh on the wheel of the year is another time of celebration but also a closing. At Summer Solstice we are in descent to closing and preparing for times of winter. Many of us are fearful right now because the outside factors are many. Our ancestors went through all these and the stories hold us in community. We hold strong together, The celebrations are a reenacting of myth that when we do brings the past into the future, we continue to bring happiness and mirth to the equation. So however you celebrate do so because you are creating magic. So the tarot card for June is **The Chariot**, it symbolizes victory, moving forward, a period of focused energy, determination, the ability to overcome challenges and move forward decisively. So let's take the Chariot and proceed forward with love, truth and peace.. We move forward to Lughnasadh, first harvest and then a balancing with Autumnal Equinox and then we come to Samhain the final harvest and a sacred honoring of our ancestors. This is the Great Circle Round which time out of time has been reenacted. We always start a story that begins with "it is a time that is not a time, in a place that is not a place", we are in the great cosmos following your life's passion.

## Dates for your calendar

### June

**June 21st;** Official Summer Solstice

**June 28th at 1-6pm;** Cuups will be honoring Solstice on this day, we try to keep as close as we can but sometimes we must do as things are given to us. We will be having a meditation lead by Andrea Joy which will lead us on a journey to a sweat lodge and more. We will have Solstice Ritual honoring the sun and we will also be honoring something we must let go of. All this will be followed with a Summer feast and craft. Since we don't know what the weather will be like we will celebrate in the hall and lanai. All are welcome, please bring something to share for the feast, an open heart, and goals, affirmations you may want to work with. We love to see all, this is our community. Plenty of time for gathering.

### July

**July 13th 10:30;** Cuups turn to do coffee service. This theme will be summer foods.

**July 26th 1 Pm;** our meeting with the focus on water element, a workshop on the element of water, plan on extra time for this. We will be setting up for our Service of Blessing of the Animals.

**July 27th@ 10:30 :** Cuups will officiate our Blessing of the Animals service. This is the start of Lughnasadh Cycle. All are welcome including pets as long as it is not stressful for them, Cuups people please be in the hall by 9:30.

### August

**Aug 1:** Lammas/Lughnasadh— this is the first harvest and celebration of the turn of the wheel.

**Aug 3, Sun @ 4pm;** Cups will hold a sound immersion in the hall, to honor the cycle, going within to look at what we need to harvest in our lives, This cycle is vegetarian in its nature bringing in grains, berries, melon, and those things such as summer squash. We will have a food sharing and conversation after. Please bring something to share, vegetarian and a mat to lie on if you choose. Harvest Blessings.

**Aug 10th @ 10:30:** coffee service held after service. Theme will be first harvest.

**Aug 23rd@ 1:00 :** meeting, we will recap and plan for the fall times. Pendulum crafting. Bring chains, stones that have a hole in for hanging, any special items that you may wish to use for personal divination. We will learn how to work a pendulum.

### September

Fall newsletter will come out, dates and events will be given as we see how our climate and schedules work.

**Please refer to the website in case these dates have to be changed.**

**Cuupsfm.org**



# Recipe for Summer



## Herbal Inclusion for Summer

by Crone House [www.cronehouse.com](http://www.cronehouse.com)

### Herbal Mini Monograph: Hibiscus

**Names:** Hibiscus, Roselle (common), *Hibiscus sabdariffa* (Latin), flor de Jamaica (Spanish). Other varieties used in addition to *sabdariffa*

#### Properties:

Taste: Tart, Sweet, Sour, Astringent

Energetics: Cooling

Alignment: Venus and/or Mars

#### Medicinal Qualities:

Contains Vitamin C, minerals, and antioxidants.

Mild diuretic, helps flush out the kidneys and support the urinary bladder.

Antimicrobial.

History of medical use to support optimal blood pressure and blood sugar levels, to promote a healthy immune system, prevent/treat infections, and to prevent heat exhaustion.

## Herbal Tea Recipe: Refreshing Hibiscus Iced Tea

### Ingredients:

Dried Hibiscus calyces, often found in Hispanic stores as “Flor de Jamaica”

Fresh mint

Sugar, honey or sweetener if desired

### Directions:

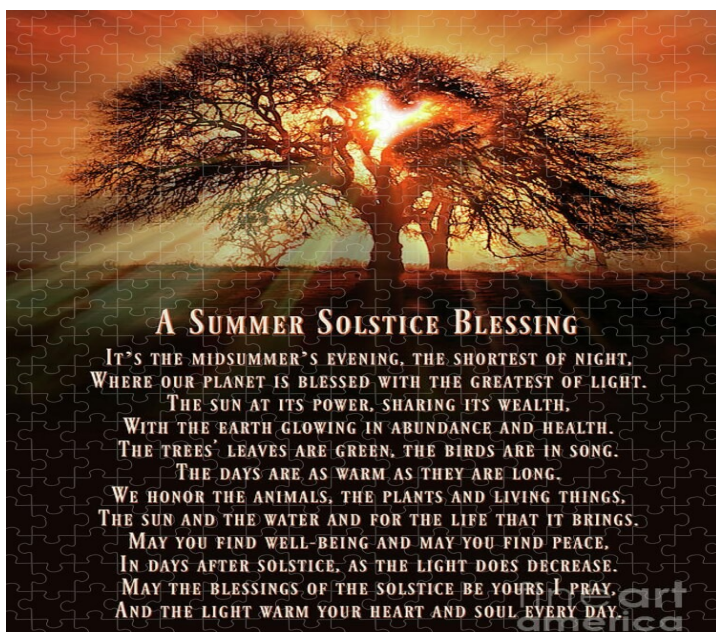
Add approximately 1 tsp per 8 oz water, or 3 Tablespoons per quart, of the dried hibiscus to a heatproof vessel such as a large mug or an appropriate container if making a larger batch.

Pour boiling water over the herb and cover to steep. Let sit at least 15 minutes or until cool.

Strain, reserving the tea. You can use the strained hibiscus for a second steep or discard.

Add the hibiscus tea to a container with a small sprig of mint. If making a larger batch, you may want to include 2 or more sprigs depending on how minty you want your beverage to be. If using sweetener, add it at this time. Place in covered container and refrigerate until cool.

Serve over ice with an additional sprig of mint or edible flowers for garnish.



### A SUMMER SOLSTICE BLESSING

IT'S THE MIDSUMMER'S EVENING, THE SHORTEST OF NIGHT.  
WHERE OUR PLANET IS BLESSED WITH THE GREATEST OF LIGHT.

THE SUN AT ITS POWER, SHARING ITS WEALTH,  
WITH THE EARTH GLOWING IN ABUNDANCE AND HEALTH.  
THE TREES' LEAVES ARE GREEN, THE BIRDS ARE IN SONG.  
THE DAYS ARE AS WARM AS THEY ARE LONG.

WE HONOR THE ANIMALS, THE PLANTS AND LIVING THINGS,  
THE SUN AND THE WATER AND FOR THE LIFE THAT IT BRINGS.  
MAY YOU FIND WELL-BEING AND MAY YOU FIND PEACE.

IN DAYS AFTER SOLSTICE, AS THE LIGHT DOES DECREASE.  
MAY THE BLESSINGS OF THE SOLSTICE BE YOURS. I PRAY,  
AND THE LIGHT WARM YOUR HEART AND SOUL EVERY DAY.

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