

# CUUPS NEWSLETTER

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## Beltane

May 1<sup>st</sup>



Beltane is joyous, lusty and carefree. Our ancestors took time away from tending fields to rejoice. We celebrate rebirth, blessing of fields, homes and lives, it is time for feasting, rejoicing, frivolity and commemoration. A Grand occasion to look outward and forward, a yearly reenactment of primal joy.

Beltane is opposite Samhain. One descends into quiet times at Samhain to emerge for growth at Beltane. The cycle turns and mirrors itself in balance and harmony. Dance with Mummers, bells on your ankles around brightly colored May Poles. The Green Man of woods comes to visit Maid of May, blessing one another as they bless fertility of fields for harvest. May Poles denote masculine energy at its fullest. Ribbons twirl around May Poles weaving towards earth as dancers entwine in and out, life's essence feels radiant, an airy touch of sweetness with a bit of fire to encourage things. Bale-fires rest on hill tops blazing, encouraging light. Beltane celebrations are erotic in nature, symbolizing union of equal forces, Female and Male in all glory bringing abundance of harvest. Brief is summer, its energies grow as those few months move ever onward, we do what is needed to ensure survival. We bless our fields.

Dance, sing and go Maying for first flowers to adorn Beltane tables. Hawthorn, Broom, Cockles, Primrose and more herald Faery in the merry days of May. Maying is time old, Guinevere was said to have gone with royal court to fields, picking flowers of May. Songs were sung of blessings for the fields, as the saying goes Tra La! This is time to see Faery rings, tiny lights in evening skies and Faery at play as humans dance.

Final planting concerns were for coming crops and livestock, important factors for survival. In past days, your wealth was counted in fields, livestock and family, communities depended on good harvest. On personal levels, our concerns turn to what in life do we plant seeds for? What do we work on in light half of cycle? We look to balance our lives by working on our projects, dreams and hopes. This moment in time brings in what we wish to be. Fires of Beltane burn away old, bringing in new.

Foods available for celebration ought to be milk, cheeses made from birthing livestock, honey from bees and fresh green leafy salads, like Ostara but a bit more plentiful. Serve grains that nourish body and soul after times of quiet. Oats are mainstay, profusions from a good harvest plus fertility. Fresh fish also feel the urgency of warmer weather. Candied flowers, sweets with lively beverages all go hand to hand with bawdy ballads and Beltane festivities. Meade is always served for celebration. Let us herald in a beautiful month of May with our festival succession of Beltane!

Things of May: we are into the time of Taurus until the 21st and we move into Gemini. The stone for Taurus is Emerald and Topaz for its rich and fiery tones.

The Tarot card related to Taurus is The Hierophant. This card symbolizes tradition, stability and values, aligning with Taurus’s grounded and dependable nature. Holds strong beliefs, love of structure which is similar to the fixed earth sign that Taurus is.

Now to some of the beautiful flowers that have come to us at this time for Taurus. Lily of the valley and Hawthorn. Lily of the valley is a sweet smelling bell shaped flower said to be a favorite of faery. The Hawthorn is a bush with thorns and the flowers are white with an evocative smell, very sacred with faery and medicinal. The myths are many but we have one that is iconic and that is of Blodeuwedd (blow day with) or flower face. She was called into being by enchantment. She is made from nine flowers, oak, meadowsweet, broom to name a few but all are seen to be in full bloom in May. She represents, beauty, love, emotions and wisdom with the newness of all, her true lesson is sovereignty. The full story is recorded in one of the oldest and most retold is the Welsh book The Four branches of the Mabinogi, a wonderful recounting of very ancient teachings

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Broom named because its long stems were cut and bound to form brushes. So we get spring cleaning

Meadowsweet, clusters of sweet fragrant flowers, it has the properties of wellness, comfort, good for headaches, gout, and well communing with faery.



Hawthorn or Queen of the May is known for heart health, blood pressure regulation and digestive issues. So we can start to see why the great enchanters use these flowers to call the Flower Face into being.

**Please consult a qualified herbalist when using these flowers for medical uses.**



## Information and dates

**May 4th; at 11:30** Cuups will be hosting soup and sides lunch for the congregation to welcome our new Rev, following lunch we will have a simple, fun filled May Day celebration with of course the May Pole. This will be held right outside the Lanai for easy maneuvering. We hope to see you all there to help bring in joy, peace and a lot of new ways of being.

**May 24th** at 1:00 our meeting with a class on another form of divination presented by our wonderful member Lee Haywood. We will learn about Lamond divination. Lamond divination refers to Lenormand card system, a system similar to Tarot but with a focus on practical matters and everyday happenings rather than psychological insights. Unlike Tarot which explores deeper meanings and the 'why', Lenormand cards, with 36 cards, offer clarity on the how of situations and practical decisions. Lenormand is often used in conjunction with Tarot, providing a more complete and detailed picture of a reading.

This concludes May activities, as always you are free to enjoy our land as it quite soothing to the soul.

The next newsletter will come out in June and then we will go quarterly. We will go into Solstice, Lughnasadh, with a little more depth with myths, chants, and celebration.

Keep fighting in all the ways you can, with love, knowledge, and truth behind you. We are here and welcome all as sacred. Go with peace and love.

Our website: [Cuupsfm.org](http://Cuupsfm.org)

