

CUUPS NEWSLETTER

July, August and September

We have come through Summer Solstice the longest day but now we head to harvest times. July as the song goes, She will fly and give no warning to her flight –***Simon and Garfunkel.*** The first harvest time is the festival of Lugh or Lughnasadh. Lugh was a solar deity, and this harvest would be the first grains such as wheat and barley. There is a very famous song about John Barleycorn which tells of the harvest of wheat and corn which is the name of the innermost kernel of wheat, so on or around August 1st we celebrate Lammas (celebration of bread) or Lughnasadh. This festival falls midpoint between Summer Solstice and Autumn Equinox. The summer is still very warm, but the days get shorter, grains, vegetables such as peppers, tomatoes, eggplant and greens with fresh herbs are all ready to be harvested, this is traditionally a vegetarian feast honoring the bounty of Mother Earth. The colors are yellows, reds, vibrant greens with a hint of earthy colors to show we are now heading towards fall. Here in our neck of woods, we are in quite hot weather and not so much our growing season, but we do have mangoes, avocados, pineapples and some citrus yet in modern times we can get all the summer fruits and vegetables. This is a time to be outside, grill, play in the water and have a slower pace. We are in the Constellations of Cancer, Leo and Virgo leading into Libra. The night sky has meteor showers, planets and lots more interesting nighttime things such as a total solar eclipse on August 12, only partially seen here in this area. CUUPS will be doing our Traditional Sunday Service a few days earlier this year. Lammas is a time to also reflect on our personal lives such as what goals or seeds planted are ready to harvest or does it need a bit more sun and work. As above so below which means we are just a micro to the vast universe macro, we are part of the wheel of the year that revolves around the sun. and universe.

Activities to Celebrate Lughnasadh



Cook or bake with grains! Bake bread, make oatmeal cookies, or create a quinoa Buddha bowl.



Visit a local farmer's market and make a "farm to table" meal.



Perform an abundance and/or protection spell in your kitchen.



Safely watch a thunderstorm. Collect the storm rainwater and use in banishment or protection spells.



Stargaze: look for Sirius in Canis Major and Deneb in Cygnus and enjoy the Perseid Meteor Shower.



Have fun outside: play badminton, try boogie boarding, or play a board game in the park.

***true harvest of my life
is intangible-***

***A little star dust
caught,***

***A portion of a
rainbow, I have
clutched.***

Henry David Thoreau



So, it is July, happy birthday to all Cancerian 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. 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. The tarot card for July is **The Sun**, it symbolizes vitality, clarity and success to overcome challenges and move forward decisively. We move forward to **August** and the sign of Leo. The tarot card for Leo is **Strength**, this card emphasizes courage, leadership, and heart centered passion. 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

July

July 4th 10-2 Potluck and fun at UU grounds

July 12h 10:30; Cuups turn to do coffee service. This theme will be summer foods.

July 25th 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 26th@ 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. Honor in your own way

Aug 9th@ 10:30: coffee service held after service. Theme will be first harvest.

Aug 22rd@ 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.. Craft may change we will let you know. We will also look at Equinox ritual planning.

Recipes

Recipes

Sun Tea

1tsp tulsi

1tsp lemon balm

1/2tsp hawthorn berry

12z room temp water

Solar infusion; Place herbs in a glass jar and fill with water, seal. Place in a sunny location for up to 4 hours, Strain, Ice and sweeten as desired. You can use boiling water and steep for 20 min.

Beatrice Mulenbach– master herbalist, Cuups member.



Herbal Inclusion for Summer

by Crone House 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.

This brings us to September. The next Quarterly will come in september and it will cover the rest of the year. You will also find all on the website – cuupsfm.org

