



*Litha * Summer Solstice*

MON 21 DEC, 2020 • 4.02 AM (CST)
10.02 AM (GMT), 9.02 PM (AEDT)

Litha or Midsummer is celebrated at the **Summer Solstice**,
the longest day and shortest night of the year.

This holy-day is equivalent to **midday**, lunchtime, the need to refuel,
the **Full Moon**, **ovulation** and all the delight/intensity/sensitivity of
that, the life stage of **Parent** and the rite-of-passage of **(Child)birth**
(not just of babies, but of our projects, careers, and communities, etc).

Litha celebrates the very height of the powers of the **Sun** and Life,
this orgasmic climax of light and warmth!

We are called away from our work and routines, to the beautiful
nourishment of bushland and beach! Hope you can practice the
almost-forgotten art of doing nothing!

INDIGENOUS PERSPECTIVE

What is the name for this time of year, according to the indigenous people of your local area?

What were or are some of the seasonal tasks and opportunities of this time, according to their lore and experience?

NATURAL PERSPECTIVE

What's happening outside, in your garden and the natural world?

What are the seasonal tasks and opportunities of this time?

SOCIAL PERSPECTIVE

How do you honour this seasonal moment as a family and community? What did you do a year ago?

Two years ago? And how would you like to celebrate this seasonal moment this year?

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IDEAS FOR MARKING THIS HOLY-DAY

SOCIAL

- host a 'Midsummer Meal' or a '**Midsummer Night's Eve** Party
- create space for a **solo retreat**: reflect on the wheel of the year thus far, the 'view' as if at the top of a ferris wheel

RITUAL

- arrange an **altar** with roses and other flowers, herbs, bright colours, bees, labyrinths, butterflies, shells and other symbols of Summer
- create a **labyrinth**, perhaps at the beach, and walk it as a prayer
- lay out a **tarot spread**, perhaps asking 'how can I make the most of this time?'

HOME

- express your gratitude: create a **mandala** with shells at the beach or leaves & twigs in the forest, and give gifts to each other
- spend some time soaking up the **Sun's nourishment**, or chilling in a hammock with a fun drink!
- make **ice-cream**

OUTDOORS

- go camping/canoeing/kayaking/paddle-boarding/bike-riding
- create flower garlands

READ

- *The Summer Solstice* by Ellen Jackson
- *My Farm* by Alison Lester
- 'Ama-terasu's Mirror' in *The Lady of Ten Thousand Names: Goddess Stories from Many Cultures* by Burleigh Muten
- *A Midsummer Night's Dream* by William Shakespeare

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

— *The Summer Day* by Mary Oliver

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What is happening? What is in "full bloom" or "full leaf" in my life right now?

How am I soaking up this 'peak' moment in the year?

Where am I thriving? Where am I not thriving?

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